Cinnamon roasted chickpeas and vegetables with yoghurt dressing

Preparation time

15 minutes

Cooking time

35-50 minutes

Serves

4-6

Recipe courtesy of

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Ingredients | Method | Nutrition

¼ kent pumpkin, sliced (approx. 1kg)

1 beetroot, diced into large chunks

1 ½ tbsp extra virgin olive oil

1 ½ tsp cinnamon, ground

salt and pepper, to season

2 zucchinis, chopped lengthways

1 rosemary sprig

1 can chickpeas, drained, rinsed

3 tbsp Greek yoghurt

½ lemon, juiced

1 clove garlic, minced

1 tbsp pepita seeds

1. Preheat oven to 180°C and line baking tray with baking paper.
2. Layout pumpkin and beetroot on a baking tray. Drizzle half of the olive oil over the top, sprinkle with cinnamon and season with salt and pepper. Toss to coat. Then transfer tray to oven.
3. After 20-30 minutes, take the tray out of the oven and add chopped zucchini, rosemary sprigs and chickpeas. Season with olive oil, cinnamon, salt and pepper and return to the oven for a further 15-20 minutes.
4. To make the yoghurt dressing, mix Greek yoghurt, lemon, garlic, salt and pepper.
5. Remove tray from oven and allow to cool. Alternatively, if you would like to eat warm, drizzle some of the yoghurt dressing over the roasted vegetables, sprinkle with pepita seeds and enjoy!

Nutritional information is provided per serve

Engery	1038kJ (248 calories)
Protein	9g
Saturated Fat	1.4g
Total Fat	9g
Carbohydrates	24g
Sugars	12.6g
Dietary Fibre	10g
Sodium	250mg