

# Pesto chickpeas and quinoa bowl

Preparation time

10 minutes

Cooking time

3 minutes

Serves

2

Recipe courtesy of

Purva Gulyani, Accredited Practising Dietitian (APD)



Ingredients

Method

Nutrition

1 tsp basil pesto (you may wish to make your own or choose a jar version)

½ cup canned chickpeas

Pinch salt

Pinch black pepper

¼ tsp sumac

1 tsp olive oil (extra virgin)

½ pack cooked stir fry rainbow vegetables (approx. 150g) (or include a mix of white cabbage, red cabbage, carrot, corn, spinach and red onion)

½ cup cooked quinoa

1. In a pan, add 1 tsp of basil pesto, chickpeas, salt, pepper, and sumac seasoning. Stir for 1 minute and set aside.
2. In a pan, add 1 tsp of olive oil and rainbow stir fry mix and stir for 2 minutes.
3. Place stir fried vegetables on the base of the bowl/container, top off with ½ cup of boiled quinoa, then chickpeas and sprinkle on top coriander on top. Serve with a wedge of lemon.

Tips: Use red beans instead of chickpeas for some protein, or add some firm tofu

Nutritional information is provided per serve

Energy 829kJ (198 calories)

Protein 7g

Saturated Fat 0.9g

Total Fat 6g

Carbohydrates 27g

Sugars 8g

Dietary Fibre 9g

Sodium 274mg