Pesto chickpeas and quinoa bowl

Preparation time
10 minutes

Cooking time
3 minutes

Serves
2

Recipe courtesy of
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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

Engery	829kJ (198 calories)
Protein	7g
Saturated Fat	0.9g
Total Fat	6g
Carbohydrates	27g
Sugars	8g
Dietary Fibre	9g
Sodium	274mg