



DR. RUPY DUKKAH CHICKPEA TABBOULEH (VG)

INGREDIENTS

- 500g chickpeas
- 2 tsp dukkah
- 2 tsp olive oil
- 2 medium onions
- 15g parsley
- 1/2 cucumber
- 125g red quinoa
- 50g peashoots
- 1 tsp crushed chillies
- 15g coriander

SERVES 4-6

METHOD

1. Drain and rinse chickpeas, combine with dukkah and half olive oil ensuring chickpeas are evenly coated and bake at 200°C for 12-15 mins, until toasted. Set aside.
2. To cook red quinoa, soak first in cold water for 20-30 mins. Drain and rinse thoroughly in cold running water. Simmer, covered in 600ml water for 12 mins or until cooked. Drain and refresh.
3. Finely dice onion and cut cucumber into approx 15cm thin strips.
4. While chickpeas are still slightly warm, combine with cooked quinoa, cucumber, onion, pea shoots and chilli flakes and season as required.
5. Garnish with chopped coriander.

Per portion: Energy 1070 kj/254 Kcals Fat 5.6g Saturates 0.6g Sugars 5.5g Salt 0.17g