

Spicy Peanut Chickpea Kale Bowl

Web Recipe · Dinner · GF

465 cal · 24g protein · 52g carbs · 20g fat · 4 servings

Ingredients

- 2 cans (15 oz each) chickpeas drained and patted dry
 - 1 tbsp olive oil
 - 1 tsp smoked paprika
 - 1/2 tsp cumin
 - 4 cups chopped curly kale
 - 2 cups cooked farro
 - 1 large sweet potato cubed and roasted
 - 1 cup shredded red cabbage
 - 1 avocado sliced
 - 2 tbsp hemp seeds
 - 3 tbsp natural peanut butter
 - 2 tbsp soy sauce
 - 1 tbsp sriracha
 - 1 tbsp rice vinegar
 - 1 tbsp maple syrup
-

Instructions

1. Preheat oven to 400°F (200°C). Toss drained chickpeas with olive oil, smoked paprika, and cumin. Spread on a baking sheet.
 2. Cube sweet potato and toss with a drizzle of oil. Place on a separate baking sheet.
 3. Roast chickpeas for 25-30 minutes until crispy. Roast sweet potato for 25 minutes until tender.
 4. Make the peanut dressing: whisk peanut butter, soy sauce, sriracha, rice vinegar, maple syrup, and warm water until smooth.
 5. Massage chopped kale with a squeeze of lemon juice until softened.
 6. Assemble bowls: place farro and massaged kale in the base. Top with roasted sweet potato, crispy chickpeas, shredded cabbage, and avocado.
 7. Drizzle with peanut dressing and sprinkle with hemp seeds.
-

Generated by Meal Planner · Per serving macros