

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.

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