

Chickpea Fried Rice – Serves 4-6



Ingredients

- 1 cup Brown rice, uncooked
- 2 cans (2x19oz cans) Chickpeas, drained and rinsed
- To taste Olive oil
- 1 small Onion, diced
- 2 large Carrots, shaved and sliced
- 2 crowns Broccoli, diced
- 2 large stalks Celery, sliced small
- 1 clove Garlic, minced

Sauce

- 3 tbsp. Soy sauce
- 1 tbsp. Peanut butter
- 2 tbsp. Brown sugar
- 1 clove Garlic, minced
- 1-2 tsp. Chili garlic sauce (more or less depending on preferred spiciness)
- 1 tsp. Sesame oil

Directions

1. Cook the rice
 - a. Combine the rice with 2 cups salted water (or broth for an even more flavourful rice) and bring to a boil.
 - b. Once the water starts to boil, reduce heat to low, cover and simmer for 40 minutes.
 - c. After 40 minutes, remove from heat and let sit for 5 minutes. Do not remove the lid.
 - d. After 5 minutes, remove the lid and fluff with fork.
2. Cook the chickpeas
 - a. Dry the chickpeas as much as you can with paper towel or a cloth.
 - b. Toss the chickpeas with some olive oil, salt and pepper and pour onto a large cookie sheet.
 - c. Bake at 400F for 40-45 minutes or until they get to a texture you like. Stir every 10-15 minutes. I like mine nice and crispy so I bake them a little longer.
3. While the rice and chickpeas cook, start prepping your produce and make the sauce by combining the sauce ingredients.
4. Sauté the onions, carrots and broccoli with some olive oil until the onions become semi-translucent and the broccoli becomes a bright green colour.
5. Add the celery and 1 clove garlic and fry for another 2-4 minutes or until the garlic becomes fragrant.
6. Once the rice is done, add it to the pan of veggies along with the sauce.
7. Serve the crispy chickpeas on top
8. Enjoy ☺