

VEGAN NOURISH BOWL

Makes 4 servings

Per serving: Calories: 527 Carbohydrates: 66.4 g Protein: 12.3 g Fat: 26.3 g

INGREDIENTS

Eggplant & Chickpeas

400g of eggplant cubed

1 can of chickpeas - drained

2 tbsp olive oil

Pinch of salt

Salad

1 cup of cherry tomatoes, quartered

1 medium cucumber, cut into 1/4-inch cubes

1 small capsicum cut into 1/2-inch squares

1/2 cup chopped parsley (*optional* but recommended)

1/3 cup chopped kalamata olives (*optional* but recommended)

3 Tbsp lemon juice

1 Tbsp olive oil

1 cup of cooked quinoa

Pinch of salt

Dressing

1/3 cup tahini

2-3 Tbsp lemon juice

Pinch of salt

1/4 cup water

DIRECTIONS

EGGPLANT & CHICKPEAS

- 1 Preheat oven to 220 C and line a baking sheet with parchment paper. Place cubed eggplant on one side of the baking sheet. Drizzle with olive oil, sprinkle with sea salt, and toss to coat. To the other half of the large baking sheet, add the drained and rinsed chickpeas, drizzle with olive oil, sprinkle with sea salt, and toss to coat.
- 2 Bake for 20-25 minutes until the eggplant and chickpeas are golden brown and caramelized. The eggplant should be soft to the touch.

SALAD:

- 3 To a large mixing bowl, add tomatoes, cucumber, capsicum, parsley, and olives. Add lemon juice, olive oil, and sea salt. Stir well to combine. Set aside until ready to serve.

SAUCE:

- 4 To a small jar, add tahini, lemon juice, sea salt, and water then shake well to combine. Taste and adjust seasoning, adding more salt for saltiness, lemon for zing, water to loosen, or tahini to make thicker. Any leftover sauce is great on veggies, grains, or proteins.

ASSEMBLE:

- 5 Divide the quinoa, eggplant, chickpeas, and salad between serving bowls and drizzle each with ~1-2 Tbsp of tahini sauce.
- 6 Each component can be stored separately in airtight containers in the refrigerator for up to 3-4 days.