

Low FODMAP Vegan Roasted Chickpea & Vegetable Bowl with Peanut Cream

Serves: 4

Prep: 2 hours 10 minutes

Cook: 35 minutes



Ingredients	Metric	Imperial
1 cup raw, unsalted peanuts, soaked	155 g	5.5 oz
¼ cup soy sauce	66 g	2.3 oz
½ tsp chilli paste	2 g	0.07 oz
½ tsp white vinegar	2.5 g	0.1 oz
1 tsp white sugar	4 g	0.1 oz
2 tsp crushed ginger	6 g	0.2 oz
Water, for thinning		
¼ cup coriander, minced	15 g	0.5 oz
1 cup green beans	140 g	4.9 oz
½ cup red capsicum	60 g	2.1 oz
1 cup broccoli florets, chopped	75 g	2.6 oz
2 large carrots	125 g	4.4 oz
2 tsp garlic infused olive oil	10 g	0.4 oz
¼ tsp black pepper	0.5 g	0.01 oz
1 tbsp sesame seeds	13 g	0.5 oz
1 cup canned chickpeas, drained and rinsed	170 g	6 oz
2 cups quinoa or brown rice, to serve		
Low FODMAP sprouts (e.g. bean sprouts, alfalfa), to serve		

Method

1. At least 2 hours before preparing meal, place peanuts in a bowl and cover with water to soak.
2. After soaking, remove peanuts from the water, reserving the water, and place in a food processor or blender along with soy sauce, chilli, vinegar, sugar and ginger. Pulse a few times, adding water as required to thin the mixture to a sauce-like consistency. Let the food processor or blender run until nut mixture is smooth. Add in coriander and pulse until blended through evenly. Add salt and pepper to taste if desired.
3. Preheat oven to 180°C/356°F. Cut the carrot and capsicum into bite size pieces and toss in a roasting pan with beans, broccoli, olive oil, black pepper, and sesame seeds. Roast for 15 minutes then stir in chickpeas. Roast for another 15-20 minutes until vegetables are tender.
4. In a bowl, toss together vegetables, quinoa/rice, and sprouts. Drizzle sauce over bowl to serve.

Hints

- Other low FODMAP nuts can be used to make the sauce if desired e.g. macadamia nuts, Brazil nuts, pecan nuts etc.
- For a more hearty meal, top your bowl with a serve of grilled meat, fish or tofu
- Make recipe in a double batch and divide into individual serve containers for a quick and easy lunch/dinner to grab on the go!

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Recipe and image adapted from: <https://naturallyella.com/roasted-vegetable-chickpea-bowl-with-cilantro-cashew-cream/>

Nutrition Information (per serve)	
Energy	1957 Kj / 468 cal
Protein	18.70g
Carbohydrates	39.60g
Sugar	0.00g
Total Fat	24.40g
Saturated Fat	3.60g
Fibre	10.00g