

Chickpeas with Sweet & Spicy Peanut Sauce

4 SERVINGS 35 MINUTES



INGREDIENTS

1 cup Brown Rice
1/2 cup All Natural Peanut Butter
1/4 cup Canned Coconut Milk
2 tbsps Lime Juice
1 1/2 tbsps Coconut Aminos
1 tbsp Maple Syrup
1/2 tsp Red Pepper Flakes
2 Garlic (clove, minced)
1/2 cup Water (divided)
4 cups Baby Spinach (chopped)
1 1/2 cups Chickpeas (cooked, rinsed)
1/2 Yellow Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	526	Carbs	68g
Fat	22g	Protein	17g

DIRECTIONS

- 01 Cook the brown rice according to package directions.
- 02 Meanwhile, in a small pot over medium-low heat add the peanut butter, coconut milk, lime juice, coconut aminos, maple syrup, red pepper flakes, garlic and half of the water. Whisk until combined. Continue to heat until just warmed through, stirring often to prevent burning. Season with salt or additional lime juice if needed.
- 03 Heat a large skillet or pan with a lid over medium-high heat. Add the spinach, chickpeas and onion to the pan along with the remaining water and cover with the lid. Steam for about 5 minutes or until the onions have softened and most of the water has evaporated.
- 04 Remove from the heat and add the warm peanut sauce to the pan with the chickpeas and stir to combine.
- 05 To serve, divide the rice between plates and top with the peanut chickpea mixture. Enjoy!