

Grilled Chickpea Stuffed Avocados

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Frozen Peas (thawed)
1/2 cup Frozen Corn (thawed)
1/2 cup Cherry Tomatoes (halved)
1 Lemon (juiced)
2 tbsps Tahini
2 cups Chickpeas (cooked, drained and rinsed)
1 tbsp Extra Virgin Olive Oil
1 tbsp Chili Powder
Sea Salt & Black Pepper (to taste)
2 Avocado (halved and pits removed)
1/4 cup Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	415	Carbs	42g
Fat	25g	Protein	13g

DIRECTIONS

- 01 Preheat grill to medium heat.
- 02 Combine the peas, corn and cherry tomatoes in a bowl. Set aside.
- 03 Combine the lemon and tahini together in a small jar. Seal and shake well. Set aside. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
- 04 In a small bowl, toss your chickpeas with olive oil and chili powder. Season with sea salt and black pepper to taste. Toss well until coated and transfer into a grilling basket. Grill for 15 to 20 minutes or until crispy. Toss with tongs periodically to prevent burning.
- 05 Brush the flesh of the avocado with a bit of olive oil then place face down on the grill. Grill for 5 minutes.
- 06 Remove the avocados from the grill. Stuff with the peas, corn and tomato mix. Add chickpeas on top then drizzle with tahini sauce. Garnish with chopped parsley and enjoy!