

Sweet Potato Noodles with Crispy Chickpeas

3 SERVINGS 25 MINUTES



INGREDIENTS

1 1/4 cups Chickpeas (cooked)
2 tbsps Extra Virgin Olive Oil (divided)
1/2 tsp Smoked Paprika
1/4 tsp Garlic Powder
1/2 tsp Sea Salt (divided)
1/4 cup Tahini
2 tbsps Lemon Juice
2 tbsps Water
1 tbsp Nutritional Yeast (optional)
2 Sweet Potato (large, spiralized into noodles)
2 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	404	Carbs	43g
Fat	22g	Protein	13g

DIRECTIONS

- 01 Pat the chickpeas dry with paper towel as much as possible. Heat a cast-iron pan over medium heat and add half of the oil. Once the pan is hot, add the chickpeas and cook, stirring often until browned on all sides, about 15 minutes total. Remove and add to a large bowl and toss with smoked paprika, garlic powder and half the sea salt.
- 02 In a blender or food processor, add the tahini, lemon juice, water, nutritional yeast, remaining salt, and remaining oil. Blend on high until smooth and creamy. Set aside.
- 03 In the same pan as the chickpeas, over medium heat, add the sweet potato noodles and toss. Cook, stirring often for about 4 to 5 minutes, until softened. Then add the arugula and cook for 30 seconds longer, until just wilted. Add to the same bowl as the chickpeas and add the tahini dressing. Toss well to combine. Divide between plates and enjoy!