

Spiced Chickpeas and Roasted Root Vegetables with Yogurt Sauce

Recipe by Kush Rao, NSCC Culinary Management student, and adapted by Nourish Nova Scotia

Servings: 4



Ingredients

- 1 15 oz can (425 g) Chickpeas, rinsed and drained
- 2 Medium-size Sweet potatoes, peeled
- 2 Carrots, peeled
- 3 Medium-size Beets, peeled
- 5 Tbsp (75 mL) Oil, divided
- 2 tsp (10 mL) Cumin seeds, whole
- 1 Onion, finely diced
- 1 Tbsp (15 mL) Garam Masala powder*
- 2 Garlic cloves, finely chopped
- 1 25 oz can (708 g) diced Tomatoes

Yogurt Sauce

- ½ Cup (120 mL) plain Yogurt
- 1 Garlic clove, minced
- 1 Tbsp (15 mL) Lemon juice
- Salt and pepper to taste

Optional Garnish

- Feta cheese and chopped mint or cilantro

Instructions

1. Preheat the oven to 400°F.
2. Drain and rinse canned chickpeas.
3. Dice sweet potatoes, carrots and beets. Cut all root vegetables to a similar size to ensure even cooking. Toss with 2 Tbsp oil. Add salt and pepper to taste. Place on a sheet pan and bake for 20 minutes or until slightly browned and tender.
4. While the vegetables are roasting, preheat a frying pan over medium heat and add 3 Tbsp oil. Fry the cumin seeds for a few minutes (they will start making a popping sound). Add the onion and cook until translucent.
5. Add garam masala or spice mix and 2 cloves chopped garlic and cook for 3-4 minutes until fragrant, stirring well. Add canned tomatoes and stir well. Bring to a boil (add some water if the mix is too dry). Reduce heat to a simmer and cook for 10 minutes. Add salt and pepper to taste. Add chickpeas and cook for another 15 minutes.
6. To make the yogurt sauce, add garlic, lemon juice, salt and pepper to yogurt in a small bowl and whisk together.
7. Serve chickpeas topped with roasted root vegetables. Top with yogurt sauce and garnish with feta cheese and chopped mint or cilantro. Serve with rice or a side of naan bread.

Homemade Spice Mix

*If you'd prefer to make your own spice mix, combine these ingredients and use 1 Tbsp of this mix in place of 1 Tbsp Garam Masala powder.

- ½ Tsp Nutmeg, ground
- 1 Tbsp (15 mL) Cayenne pepper
- 2 tsp (10 mL) Chili powder
- 1 Tbsp (15 mL) Paprika
- 2 tsp (10 mL) Turmeric

Spice Guide

Adjust the spices based on your taste preference:

- 1 tsp — Mild
- 1 Tbsp — Medium
- 2 Tbsp — Hot

