



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 Organic Coconut Milk (from the can)
- 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
Fat	22g
Carbs	68g
Fiber	9g
Sugar	12g
Protein	17g
Cholesterol	0mg
Sodium	143mg
Potassium	715mg
Vitamin A	2927IU
Vitamin C	12mg
Calcium	98mg
Iron	4mg
Vitamin D	0IU
Vitamin B6	0.5mg

Directions

- 1 Cook the brown rice according to package directions.
- 2 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.
- 3 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.
- 4 Remove from the heat and add the warm peanut sauce to the pan with the chickpeas and stir to combine.
- 5 To serve, divide the rice between plates and top with the peanut chickpea mixture. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add fresh ginger to the peanut sauce.

Additional Toppings: Serve with lime wedges, hot sauce and/or freshly chopped cilantro.

No Coconut Aminos: Use tamari or other soy sauce instead.

Vitamin B12	0µg
Magnesium	164mg
Zinc	3mg
Selenium	12µg