MAKES
4

TOTAL TIME
40 MINS

COOK TIME
20 MINS

MEDITERRANEAN QUINOA BOWL

INGREDIENTS

- 3 cups cooked quinoa, from 1 cup uncooked
- 2 Persian cucumbers, thinly sliced
- 1 cup cherry tomatoes, halved
- 2 avocados, diced
- Pickled red onions (optional)
- Fresh mint and/or parsley leaves
- Pepper

Smoky Chickpeas

- 1½ cups chickpeas, drained, rinsed, and patted dry
- Extra-virgin olive oil for drizzling
- 1 teaspoon smoked paprika
- ½ teaspoon ground cumin
- ¼ teaspoon sea salt
- Pinch of cayenne pepper

Garlic Yogurt Sauce

- 1 cup whole milk Greek yogurt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 garlic clove, grated
- ½ teaspoon sea salt
- 1 tablespoon water, plus more as needed

METHOD

1. Cook the quinoa according to the packets recipe.
2. Meanwhile, make the smoky chickpeas: Preheat the oven to 220°C and line a baking sheet with parchment paper.
3. Place the chickpeas on the baking sheet. Drizzle with olive oil and sprinkle with the smoked paprika, cumin, salt, and cayenne. Toss to coat and spread evenly on the baking sheet. Roast for 20 to 30 minutes, or until golden brown and crisp.
4. Make the Garlic Yogurt Sauce: In a medium bowl, stir together the yogurt, olive oil, lemon juice, garlic, and salt. Stir in the water. If the sauce is too thick, add more water, 1 tablespoon at a time, to thin it to your desired consistency. Season to taste.
5. Assemble bowls with the quinoa, smoky chickpeas, cucumbers, tomatoes, and avocado. Top with pickled onions, mint, and pinches of pepper. Drizzle with garlic yogurt sauce and serve.

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