



# APRICOT SWEET & SOUR CHICKPEAS



SERVES: 2-3 | PREP TIME: 25M | COOK TIME: 30M

DAIRY FREE VEGAN VEGETARIAN

## INGREDIENTS:

¼ Cup Crofter's Organic Premium Apricot Fruit Spread

½ Cup Orange Juice

1 Tbsp Water

1 ½ Tbsp Apple Cider Vinegar

1 ½ Tbsp Soy Sauce

2-3 Tsp Hot Sauce

3 Tbsp Tomato Paste

½ Tbsp Cornstarch

2 Cups Chickpeas

1 Cup Steamed Broccoli Florets

2 Cups Cooked Rice

Salt & Pepper (To Taste)

Green Onion (Garnish)

Sesame Seeds (Garnish)

## DIRECTIONS:

1. First begin by making the sweet & sour sauce for the chickpeas. In a medium sized sauce pot combine the Crofter's Organic Premium Apricot Fruit Spread, orange juice, water, apple cider vinegar, soy sauce, hot sauce, tomato paste, and cornstarch. Whisk until smooth.
2. Place the sweet & sour sauce over low/medium heat for about 10-15 minutes or until it has thickened. While the sauce is thickening, prepare the rice and steamed broccoli so you have 2 cups cooked rice and 1 cup steamed broccoli.
3. Once the sauce has thickened, add in the chickpeas and stir to coat. Place the chickpeas back on the heat and allow to simmer for another 15 minutes. Salt and pepper sauce to taste. Remove from heat and let stand for 5 minutes.
4. Serve chickpeas over rice with a side of broccoli and garnish with some fresh sliced green onion and sesame seeds. Enjoy!