



PEACH SWEET & SPICY CHICKPEA BOWL



SERVES: 4 | PREP TIME: 5M | COOK TIME: 20M

DAIRY FREE VEGAN VEGETARIAN

INGREDIENTS:

For the Chickpeas:

- ½ Cup Crofter's Organic Premium Peach Fruit Spread
- ½ Cup Agave
- 2 Tsp Soy Sauce
- 2 Tbsp Sriracha
- 1-2 Red Chili Peppers (Finely Chopped)
- 1 Tbsp Sesame Oil
- 2 Tsp Minced Garlic
- 1 19oz Canned Chickpeas

For the Vegan Ranch Dressing:

- 1 ½ Cup Vegan Mayo
- ½ Cup Non-Dairy Milk
- 1 Tsp Apple Cider Vinegar
- 2 Garlic Cloves (Crushed)
- 1 Tsp Dried Dill
- 1 Tsp Dried Parsley
- 1 Tsp Onion Powder
- Salt and Pepper to Taste

For the Bowl:

- 2 Cups Cooked Brown Rice
- ½ Cup Cooked Green Peas
- Grilled Red Chili (Garnish)
- Sesame Seeds (Garnish)
- Chopped Green Onion (Garnish)

DIRECTIONS:

1. Begin by making the peach sauce for our chickpeas. In a medium sized mixing bowl, combine the Crofter's Organic Premium Peach Fruit Spread, agave, soy sauce, sriracha, and chopped red chili peppers to a bowl. Whisk together to combine.
2. In a medium sauce pot, heat up the sesame oil and the minced garlic over medium-high heat. Next, add in the chickpeas and pour in the peach sauce. Stir well to cover chickpeas. Bring the chickpeas to a simmer and allow to cook for 5-6 minutes stirring regularly.
3. While the chickpeas are cooking in the sauce, let's make the vegan ranch dressing. To make the dressing, combine all listed ingredients in a small bowl and whisk together well. Set aside. After the chickpeas are cooked through, remove from heat, and allow to cool.
4. Next, prepare the bowl ingredients by poking some holes in a small red chili and then place it on a grill over high heat. Remove once softened and cooked through. Prepare the brown rice and green peas. Mix together.
5. Serve the chickpeas over a bowl of cooked rice and green peas. Garnish with the grilled red chili, sesame seeds, finely chopped green onion, and a drizzle of the vegan ranch dressing. Enjoy!