



CHICKPEA HOT POT

PROTEIN PACKED VEGETARIAN SURPRISE!



Ingredients

Chickpeas, Sweet Potato, Capsicum,
Tomato, Spinach, Onion, Lentils, Coconut
Milk, Vegetable Stock, Garlic, Cumin,
Coriander, Turmeric, Rice

Nutritional Info

Nutrition information	Values /100g	Values /portion
Calories	321 kJ 77 kcal	642 kJ 154 kcal
Total fat	3.2 g	6.3 g
- saturated fat	2.5 g	4.7 g
Carbohydrates	8.8 g	17.6 g
- sugar	1.7 g	3.3 g
Fiber	1.9 g	3.9 g
Protein	2.6 g	5.2 g
Salt	0 g	0.0 g

Allergens: none

Alternatives: none required

FUN FACT: How does a Chickpea grow...on a bushy plant. It grows small white or reddish flowers. The seed grows in a pod, like a pea. The pod releases acid through tiny hairs to protect it from insects. They're protein packed and rich in vitamins and minerals.

The Scoop

A sneaky vegetarian dish that's like a big warm hug! They'll never know there's no meat. Chickpeas and lentils are a fantastic source of plant based protein. They're high in fibre and great for gut health.

This is a great way to introduce kids to the textures and flavours of legumes.

The sweet potato, coconut milk & tomato make for a smooth, sweet flavour.

