

## Coconut Chickpea Bowl

Makes 2 servings



### Ingredients

#### Brussels Sprouts

2 Tbsp cooking oil  
1/2 lb Brussels Sprouts- hard tip removed and cut lengthwise into 4 pieces  
salt and pepper to taste

#### Chickpea

2 Tbsp cooking oil  
1 Tbsp garlic- finely chopped  
1 Tbsp ginger-finely chopped  
1/2 tsp cumin  
1/2 tsp fennel seeds  
1/8 tsp paprika  
1/2 tsp turmeric  
salt and pepper to taste  
1-1/2 cooked chickpeas  
1 cup coconut milk  
1/2 cup cherry tomatoes

### Directions

#### Brussels Sprouts

In a skillet add all the ingredients together and cook on low to medium heat for 10 minutes until Brussels sprouts are cooked through. Stir regularly.

#### Chickpea

In a large skillet, add oil, garlic and ginger and cook on medium heat until garlic turns golden brown, about 30 seconds. Stir regularly. Add cumin, fennel, paprika, turmeric, salt and pepper and cook for another 10 seconds. Add chickpeas, coconut milk and cherry tomatoes and cook until tomatoes are softened, about 5 minutes. Stir regularly.

To serve:

In a bowl, add 1 cup of cooked rice, 1 cup of chickpeas, 1 cup of Brussels Sprouts and one medium diced mango. Drizzle with 3 Tbsp of coconut sauce from the chickpea mixture. Garnish with 2 mint leaves.

*Note: If you don't have all the spices, you can purchase Goddess Kitchen Garam Masala from the cafeteria and it has all the aromatic spices. And for this recipe, use 1/2 Tbsp of garam masala instead of the spices listed above.*