

Shawarma Spiced Chickpea & Veggie Bowls

11 ingredients · 35 minutes · 3 servings



Directions

1. Cook the rice according to the package directions. Set aside.
2. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. Add the chickpeas and cauliflower to the baking sheet and toss them with 2/3 of the oil and the shawarma spice. Spread out into an even layer. Cook for 20 to 25 minutes or until the chickpeas are crispy and the cauliflower is browned.
4. To assemble, divide the rice, chickpeas, cauliflower, romaine, tomatoes, onion, and parsley between bowls. Drizzle the remaining oil and the lemon juice into each bowl. Season with salt and pepper. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add the lemon juice and oil when ready to eat.

Serving Size

One serving is equal to approximately 1 1/2 cups of the cauliflower and chickpea mixture, 1/2 cup of rice and one cup of raw vegetables.

No Shawarma Spice Blend

Use any spices of choice.

Additional Toppings

Feta cheese.

Ingredients

- 1/2 cup Basmati Rice (dry, rinsed)
- 1 1/2 cups Chickpeas (cooked)
- 1/2 head Cauliflower (medium, cut into florets)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Shawarma Spice Blend
- 1 head Romaine Hearts (chopped)
- 1 cup Cherry Tomatoes (cut in half)
- 2 stalks Green Onion (chopped)
- 1/4 cup Parsley (chopped)
- 1 tbsp Lemon Juice
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	414	Vitamin C	65mg
Fat	16g	Calcium	81mg
Saturated	2g	Iron	12mg
Carbs	57g	Vitamin D	0IU
Fiber	10g	Vitamin B6	0.4mg
Sugar	8g	Folate	228µg
Protein	13g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	65mg
Sodium	523mg	Zinc	2mg
Potassium	719mg	Selenium	4µg

