



Roasted Chickpea and honey glazed butternut salad

Ingredients

- g Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water
- g MAGGI Oil Free Dressing French
- g Butternut Cubes
- g Oil, Olive, Salad Or Cooking
- g Arugula, raw
- g Honey
- g Cheese, feta
- g Seeds, pumpkin and squash seed kernels, dried

Instruction

1. Pre-heat the oven to 200°C. Using a clean towel dry the chickpeas well.
2. In a small bowl combine the chickpeas and no oil dressing and mix well.
3. Spread out on a baking sheet in a single layer
4. Bake for 15-18 minutes until the chickpeas start to crisp up. Transfer to a clean bowl and set aside.
5. In a separate bowl combine the butternut, olive oil, salt, pepper, cinnamon, Maggi Chili Sauce and honey. Stir well to coat the butternut.
6. Spread the butternut on the same baking sheet. Reduce the oven temperature to 180°C and place the butternut in the oven
7. Roast for 20-25 minutes until the butternut is tender
8. Allow the butternut to cool for 10 minutes.
9. In a serving bowl toss together the rocket, butternut and chickpeas
10. Top with feta and toasted pumpkin seeds.

Nutrition

Carbohydrates	34.53 g
Energy	237.62 kcal
Fats	9.5 g
Protein	6.61 g

83 Minutes

10 Portions