

Kung Pao Chickpeas



For the chickpea marinade:

- 2 Tbsp reduced-sodium soy sauce
- 2 Tbsp rice wine vinegar
- 1 lime, juiced and zested
- 1 Tbsp agave or honey
- 1 Tbsp organic coconut oil, melted
- 1 Tbsp arrowroot powder or cornstarch

For the chickpeas:

- 2 Tbsp organic coconut oil
- 1 14.5 oz can chickpeas, drained & rinsed
- 1 cup bottled all-natural Kung Pao sauce (or homemade)
- 2-3 garlic cloves, minced
- 1 1-inch knob fresh ginger, grated
- ½ tsp chili flakes or crushed red pepper

For the garnish:

- 1 small bunch green onions, thinly sliced
- 1-2 spicy red jalapeños or Thai chili peppers
- 2-3 Tbsp cilantro, chopped
- Cashews, for garnish (optional)
- Steamed white rice, for serving

Directions: In a bowl, combine all the ingredients for the marinade. Add the chickpeas to the marinade, and stir well to coat. Cover the chickpeas, and allow them to marinate for at least 30 minutes to 1 hour. In a large pan over medium heat, add the coconut oil, the marinated chickpeas and the remaining ingredients for the chickpeas. Sauté for about 6 to 8 minutes, until the chickpeas begin to caramelize and brown slightly. Remove from the heat, and allow the chickpeas to cool slightly. Serve the warm chickpeas over steamed white rice, and garnish with sliced peppers, green onions, cilantro and cashews.

Gluten Free / Vegan