



THE BEST GRAIN BOWL

Courtesy of Grains and Legumes Nutrition Council



Method:

1. Preheat the oven to 180C.
2. Cook the brown rice or quinoa as per pack instructions.
3. Mix the chickpeas with the tsp olive oil, spices and seasoning to taste and place in a baking dish in the preheated oven for 15 minutes – shake half way through.
4. Make your dressing by combining the EVOO, lemon juice and tahini with seasoning to taste.
5. Divide the brown rice or quinoa, veg, leafy greens, chickpeas and a tablespoon or two of the hummus or guacamole between two bowls. Drizzle the dressing over and top with a sprinkling of seeds.
6. Top with the chicken, salmon or feta if using.

Ingredients:

- 120g brown rice or quinoa
- 1 x 400g tin chickpeas, drained and rinsed
- 1 teaspoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Salt and freshly cracked black pepper
- 3 tablespoons extra virgin olive oil (EVOO)
- 2 tablespoons lemon juice
- 1 tablespoon tahini
- 2 cups mixed raw or cooked veggies, e.g. onion
- 1 cup leafy greens
- Hummus or guacamole to taste
- 2 tablespoons mixed seeds e.g. pepitas

Nutrition Information

Serves 2 people.

Nutrient	Per serve
Energy	3155 kJ
Protein	25 g
Fat	33 g
Saturated Fat	4.2 g
Carbohydrate	77.5 g
Fibre	17.5 g

HOT TIPS



This bowl is great as it can vary throughout seasons with fresh vegetables for a light summer salad and then roasted vegetables during the winter months. Mix it up and use wheat berries or buckwheat instead of quinoa.