



RECIPE | PEPPERS

ROASTED CHICKPEA AND CHICKEN BOWL



30 min
PREP.



55 min

25 min
COOKING

2

easy

INGREDIENTS

1 lb bag Pure Flavor® Aurora Mini Sweet Peppers, sliced
¼ lb chicken breast
2 red onions, sliced
1 avocado, sliced
1 bunch arugula
½ cup chickpeas
½ cup cooked rice
½ cup purple cabbage, shredded
2 tbsp extra virgin olive oil

1 ½ tbsp black sesame seeds
1 tbsp soy sauce
2 tsp black pepper
2 tsp lime juice
1 tsp soy sauce
1 tsp ginger, chopped
½ tsp garlic powder
½ tsp red chili powder
Salt to taste

DIRECTIONS

- 1 Prepare chicken. Rub lime juice, salt and pepper and let it marinate for 30 minutes.
- 2 Preheat the oven to 355°F and line a baking tray with parchment paper. Place the chicken on baking tray and grill in the oven for 15 minutes.
- 3 Bring a skillet over medium heat and add olive oil. When oil is hot enough, add garlic, ginger and sauté for a few seconds. Add chickpeas and stir frequently.
- 4 Add soy sauce, salt, pepper, chili powder, garlic powder in the skillet and mix well. Cook for 5 minutes.
- 5 Add cabbage, mini peppers and sesame seeds. Lightly toss for about 4 minutes.
- 6 In a serving bowl transfer veggies, grilled chicken and chickpeas. Add cooked rice in the middle and top with avocado, onion and sesame seeds.

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