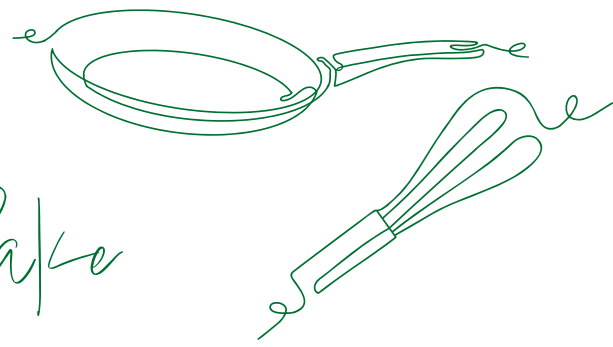


# Roasted Chickpea, Kale & Apple Tray Bake



## Roasted Chickpea, Kale & Apple Tray Bake

A go-to weekday lunch, this super speedy meal is packed with whole foods and takes just 5 minutes to prepare. This is a go-to lunch for WFH days but also makes a good packed lunch or easy weeknight dinner.



### Ingredients

- 1 apple
- 4 handfuls of chopped kale
- 1 tin chickpeas
- 1 medium sweet potato
- 1 tsp garlic granules
- Olive oil
- Salt

### For the dressing

- 2 tbsp tahini
- Juice of 1 lemon
- 1 small garlic clove, crushed
- 1 tsp apricot harissa
- 1/2-1tsp honey to taste
- Pinch of salt
- 4 tbsp water

Preheat the oven to 180c.

Drain and rinse the chickpeas, then pat dry with paper towel to remove any excess moisture. Chop the sweet potato into small pieces (similar size to the chickpeas).

Place the chickpeas and sweet potato into a roasting tray with the garlic granules and a generous pinch of salt. Then drizzle with the olive oil and mix well and put in the oven for around 20 minutes.

While these roast, slice & core the apple, then cut into small pieces and put to one side.

Wash the kale and pat dry with paper towel. Place it in a large bowl and add 1/2 tsp of olive oil and a small pinch of salt. Use your hands to massage the oil into the kale and leave to soften. Put all the ingredients for the dressing except for the water into a blender. Add the water bit by bit to loosen and blend until smooth.

Once the sweet potato is almost soft, add the kale and apple to the tray and roast for another 5 minutes.

Remove from the oven and divide the tray bake across two plates, drizzling generously with the dressing to serve.

### Serves 2

Prep time 5 minutes,  
cook time 25 minutes

Recipe courtesy of Annie Clarke, yoga and wellness teacher and the author of *Mind Body Bowl: Think, Move and Eat Your Way to a More Balanced Life*

The Practice  
BY ANNIE CLARKE

