

Roasted Chickpeas and Lentils Bowl



FOODSERVICE



SERVING SIZE: 4

Ingredients

- As Needed CILANTRO YOGURT:
- 1 cup Plain greek yogurt
- 2 tablespoons Fresh Minced Garlic
- 1/2 cup Cilantro, Chopped
- 1/4 cup ROASTED CHICK PEA SPICE:
- 3/8 cup Curry
- 1/3 cup Cumin
- 1 tablespoon Tumeric
- 2 teaspoons Granulated Garlic
- 1/2 tablespoon Olive Oil
- 1 cup **Furmano's Garbanzo Beans (ChickPeas)**, Drained and Rinsed
- 5 cups **Furmano's Fully Cooked Lentils**, Drained and Rinsed

In This Recipe



Fully Cooked Lentils - 24 oz.



Fully Cooked Lentils - 108 oz.



Extra Fancy Chick Peas
(Garbanzo Beans)

Preparation

1. Combine all ingredients for the Cilantro Yogurt in a food processor and blend until smooth. Reserve.
2. Make Roasted Chickpeas Spice: Toss Curry, Cumin, Turmeric, and Granulated Garlic together with ½ Tbsp Olive Oil. Toss Chickpeas in spice mixture.
3. In a medium sized pot, place Lentils and 2 Tbsp of Chickpea Spices and just warm, holding for plating.
4. In a sauté pan, working in batches, roast chickpeas for two minutes on each side until just about to burst.
5. To plate, place Lentils in a bowl, then spice roasted chickpeas on top and around. Top with a quenelle or scoop of Cilantro Yogurt and garnish with fresh cilantro as needed.

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