

# ONE POT ROOT VEGETABLE SHWARMA WITH RICE AND CHICK PEAS



## QUICK

10 mins prep time  
60 mins cooking time

## HEALTHY

The chick peas and peas are both plant-based sources of protein which we need for healthy immunity, bones and cells

## FAMILY



Feeds 5-6

## MEALS

This can be eaten alone as it contains all the necessary food groups

## INGREDIENTS

- 1 kg of root vegetable e.g carrots, sweet potato, butternut squash, beetroots, parsnip or a mix
- 2 x 400gs tin chick peas - drained
- 1 lemon
- 200g frozen peas
- 3 onions
- 4 garlic cloves
- 2 vegetable stock cubes /2 tbs powder
- 300g rice

### Shurma spices

- 3 tsp ground cumin
- 3 tsp paprika
- 1 tsp turmeric
- ½ tsp cinnamon
- 1 tsp salt
- 1 small handful pomegranate seeds
- 1 small handful coriander/parsley



## METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Chop your vegetables into chunks
- 3) Make the shurma mix by mixing all of the spices in a large bowl
- 4) Add vegetable chunks and mix well
- 5) Rinse rice and place in a large ovenproof dish
- 6) Slice the onions, place over the rice
- 7) Add frozen peas
- 8) Add minced garlic
- 9) And zest of whole lemon
- 10) Pour the DRAINED chick peas over the top
- 11) Add vegetable chunks
- 12) Pour over approx. 1 litre of vegetable stock - It should ½ cover the root vegetables depending on the size of your dish
- 13) Cook covered for 45-1 hr
- 14) Sprinkle with the chopped herbs and pomegranate
- 15) Lovely served with the lemon juice squeezed on top too



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)