

Spicy chipotle-roasted abundance bowl

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Spicy chipotle-roasted abundance bowl

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If you love a little spice kick and the smoky flavour of chipotle chillies, you'll love this abundance bowl by The Wholesome Cook.

Ingredients (Serves 4)

Adding the sauce to the vegies before they roast creates a sticky glaze of sorts. Serve on its own or make into tacos with guacamole or wraps with a dollop of hummus.

- 1 bunch broccolini
- ¼ cup Kent pumpkin
- 1 small sweet potato
- 1 small zucchini
- 1 small Spanish onion
- 3 tbsp extra-virgin olive oil
- ¼ tsp sea salt flakes
- 1 (400 g) can chickpeas, drained
- 4 tbsp chipotle sauce
- 2 cups cauliflower rice

To serve

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- 1 fresh lime
- 2 tbsp coriander or parsley

Method

Preheat oven to 180°C and line a large baking tray with baking paper.

Cut broccolini in half, dice the sweet potato and pumpkin into bite-sized chunks, slice zucchini into thick rounds. Peel and cut the onion into wedges. Place vegies and chickpeas onto the baking tray, drizzle with 2 tablespoons of oil, the chipotle sauce and sprinkle with salt, toss well to coat.

Bake the vegies in the oven for 40 to 45 minutes or until the pumpkin and sweet potato is soft.

Meanwhile, place cauliflower rice in a large baking dish. Add the remaining olive oil and mix well, spread it evenly on the baking dish. Bake the cauliflower rice in the oven for around last 10 minutes. (This can be done while your vegies are baking.)

Divide the cauliflower rice between 4 serving bowls and top with the vegies and chickpeas. Drizzle with fresh lime juice and sprinkle with coriander or parsley leaves.

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