



## SPINACH SALAD WITH CHICKPEAS SWEET POTATO AND WILD RICE

10 min 35 min easy 4 servings

### INGREDIENTS

400 g chickpeas, canned, drained  
 30 g olive oil  
 1 tsp garlic powder  
 1 tsp turmeric  
 ½ tsp cayenne pepper  
 ½ tsp cinnamon powder  
 3 tsp salt  
 3 tsp black pepper  
 1080 g water  
 1 tbsp homemade vegetable stock paste  
 300 g wild rice  
 300 g sweet potato, cut into pieces, 2cm  
 1 garlic clove  
 250 g spinach, leaves only  
 60 g tahini  
 1 tsp fresh lime juice  
 1 tsp maple syrup

### USEFUL ITEMS

bowl

### PREPARATION

1. In a bowl mix chickpeas, 15 g olive oil, garlic powder, turmeric, cayenne pepper, cinnamon, 1 teaspoon salt and 1 teaspoon pepper and set aside.
2. Place 1000 g water and vegetable stock into mixing bowl, insert simmering basket and weigh in rice. Place Varoma into position. Place sweet potatoes in deep Varoma dish and cook **10 min/Varoma/speed 4**.
3. Add chickpeas in Varoma tray and cook **10 min/Varoma/speed 4**. Transfer chickpeas, sweet potatoes and rice to a bowl and set aside. Empty water from mixing bowl.
4. Place garlic clove and remaining 15 g olive oil and chop **5 sec/speed 5**.
5. Add spinach, 1 teaspoon salt and 1 teaspoon pepper and sauté **5 min/120°C/reverse/spoon speed**. Transfer into bowl with chickpeas and sweet potatoes and set aside.
6. Place tahini, lime juice, maple syrup, remaining 1 teaspoon salt, remaining 1 teaspoon pepper and remaining 80 g water into mixing bowl and mix **10 sec/speed 4**. Garnish salad and serve immediately.