

## Spiced Chickpeas with Wilted Kale and Roasted Carrots



### Ingredients

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| <ul style="list-style-type: none"><li>• 450g carrots (use rainbow carrots when available)</li><li>• olive oil</li><li>• Salt and freshly ground black pepper</li><li>• 3 shallots, peeled and cut into thin half moons</li><li>• 1 bunch coriander</li><li>• 1 teaspoon sumac</li><li>• ½ teaspoon ground coriander</li><li>• ½ teaspoon ground cumin</li></ul> | <ul style="list-style-type: none"><li>• ½ teaspoon ground ginger</li><li>• ¼ teaspoon red chili flakes</li><li>• 2 x 400g cans chickpeas, drained and rinsed</li><li>• 1 bunch red kale, washed, leaves torn into bite size pieces, stems discarded (substitute any hearty greens)</li><li>• Juice of 1 lime</li><li>• 3 tablespoons creme fraiche</li></ul> |
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### Instructions

- Preheat the oven to 450 degrees. Using a chef knife, remove and discard the top of each carrot. Wash the carrots in cold water but do not peel them (they look beautiful when roasted with the skin on). Cut the carrots into bite size pieces. Line a rimmed baking sheet with parchment paper. Place the carrots on the rimmed baking sheet in a single even layer. Toss the carrots with olive oil to coat, and season them with salt and freshly ground black pepper. Cook for 10-12 minutes, until the edges begin to caramelize. When the carrots are just cooked through and beginning to brown, remove them from the oven and set them aside to cool.
- While the carrots are cooking, set a large skillet over medium heat, and add enough olive oil to barely cover the bottom of the skillet. Add the shallots, and season lightly with salt. Cook the shallots until they become soft and start to turn translucent, stirring occasionally.
- While the shallots are cooking, separate the cilantro leaves from the stems. Save the leaves in the refrigerator for later. Organize the stems into a single even pile (like a bunch of chives) and slice the cilantro stems into very thin slivers. By the time you finish dicing the cilantro stems, the shallots should be soft and translucent. Add the diced stems to the skillet, along with the sumac, coriander, cumin, ginger, and chilli. Stir, cooking for 1-2 minutes, until the oil smells fragrant.
- Add the chickpeas and stir to coat them in the flavourful oil. Cook for 2 minutes, to allow the chickpeas to take on some of the flavour of the skillet. Add the kale and stir to help the kale begin to wilt. Season lightly with salt. When the kale has begun to wilt, remove the skillet from the heat. You do not want to overcook the kale (it will shrink too much). The moment when the kale leaves are no longer raw is the time to remove the skillet from the heat (the kale leaves will soften and darken slightly in colour).
- Add the lime juice and stir. Add the creme fraiche and stir. The residual heat from the skillet should melt the creme fraiche and create a delicate sauce. Taste a few chickpeas and a small piece of kale. Adjust with more salt and/or lime juice as necessary. Add the roasted carrots, and gently stir to incorporate. Serve immediately or serve at room temperature. Garnish with a handful of chopped cilantro leaves. Enjoy.



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