



# SATAY KUMARA SALAD

WITH ROASTED CHICKPEAS

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 40 minutes

This vegan satay kumara and chickpea salad tastes like a salad you would get at a café!  
A filling and nutritious meal that is delicious both warm and cold.



## KUMARA & CHICKPEAS

- 2 large red kumara (500g)
- 400g can chickpeas (14oz)
- 1/2 Tbsp olive oil
- 1 tsp curry powder
- 1/2 tsp salt
- 1/4 tsp cracked pepper

## DRESSING

- 1 1/2 Tbsp sesame seeds
- 165ml can lite coconut milk (5.6 fl.oz)
- 3 Tbsp peanut butter

- 1 Tbsp soy sauce
- 1 tsp finely grated ginger
- 1 tsp lemon juice
- 1 tsp sugar
- 1/2 tsp curry powder
- 1/4 tsp turmeric

## SALAD

- 1 red capsicum
- 1/2 telegraph cucumber
- 1 shallot
- 2 large handfuls fresh coriander *optional*
- 120g baby spinach (4.2oz)

1. Preheat oven to 190°C (375°F) fan bake and line a large oven tray with baking paper.
2. **COOK KUMARA AND CHICKPEAS**  
Peel kumara and dice into 1-2cm / 0.5in cubes. Rinse chickpeas under cold water and drain well. Combine kumara and chickpeas in a bowl. Add oil, curry powder, salt and pepper and mix well. Spread out on prepared tray and roast for 25-30 minutes, until golden and crisp around the edges.
3. **MAKE DRESSING**  
Meanwhile, place sesame seeds in a small saucepan on medium-heat. Cook, stirring, until golden and toasted. Remove into a bowl.
4. Add remaining dressing ingredients to saucepan and return pan to medium heat. Simmer gently for 5 minutes, whisking, until dressing is smooth, creamy and a little thicker. Season to taste with salt and pepper and remove from heat.
5. **PREPARE SALAD**  
Dice capsicum and cucumber. Finely dice shallot. Roughly chop coriander.
6. **SERVE**  
Combine all salad ingredients, roast kumara and chickpeas in a large bowl. Drizzle dressing over the top and toss to combine. Sprinkle over sesame seeds and serve.



**WINE MATCH:** An off-dry Riesling.

## **SATAY KUMARA SALAD RECIPE NOTES**

**GLUTEN-FREE OPTION:** Use gluten-free soy sauce or tamari.

**INGREDIENT SWAPS / NOTES:** You could use almond or cashew butter instead of peanut butter. If you don't have lemons, rice wine vinegar or apple cider vinegar can be used instead. Other options for veggies that work well in this salad include celery, shredded red cabbage, carrots (can be roasted with the kumara and chickpeas) and sugar snap peas.

**MAKE IT MEATY:** Diced, cooked chicken breast, tenderloins or thighs make a delicious meaty addition to this salad.

**STORING AND REHEATING:** Store individual portions in containers in the fridge and eat cold. Alternatively, keep the kumara and chickpeas, dressing and salad separate. Warm kumara and chickpeas in the microwave, then combine with salad ingredients and dressing to serve.