

KUNG PAO CHICKPEAS

Recipe Adapted from: [The Veg Life](#)

Makes: 2-3 servings

ingredients

marinade

- 1, 15 ounce can chickpeas, low-sodium
- 1 tablespoon low-sodium tamari or soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon cornstarch

sauce

- 1 tablespoon low-sodium tamari or soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon red wine vinegar
- 1/2 tablespoon granulated sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon salt (optional)

stir-fry

- 1 tablespoon high-heat oil (i.e. avocado oil)
- pinch - 2 teaspoons red pepper flakes (based on your preference!)
- 2 cloves garlic, minced
- 2 teaspoons fresh ginger, grated
- 2 tablespoons fresh green onions
- 1 teaspoon toasted sesame seed oil
- 1/2 cup dry-roasted peanuts
- *recommend 1 1/2 cups cooked brown rice for serving

directions

Start by making the marinade. Drain and rinse the chickpeas. In a medium sized bowl or covered container, mix together the marinade ingredients. Set aside, marinating for 15-30 minutes. Stir the mixture a couple times during that time.

While the beans are marinating, combine all of the sauce ingredients in a small bowl.

Prep the garlic, ginger, green onions, sesame seed oil and red pepper flakes in a small dish and set aside until the chickpeas are done marinating and you are ready to cook.



Heat a skillet on medium-high heat. While heating, drain the marinated chickpeas. When hot, add 1 tablespoon of oil to the pan along with the marinated chickpeas. Cook the chickpeas until golden brown and caramelized, about 5 minutes, and stir occasionally.

Add the rest of the stir-fried ingredients which you previously set aside, cooking for about 2 minutes. Stir the sauce and add to the pan. Cook for 1 minute. Add the peanuts. Toss. Serve over brown rice.

Enjoy!



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