

## TERIYAKI

# Chickpea Bowl



### INGREDIENTS:

2 cups cooked white or brown rice  
1 head broccoli, cut and cooked  
1 cup filtered water  
1/3 cup soy sauce or coconut aminos  
1/2 tsp ground ginger  
3/4 tsp garlic powder  
3/4 tsp onion powder  
1/2 cup chopped onion  
2 cloves garlic, chopped  
1/2 tsp red pepper flakes  
1/4 cup pineapple juice  
2 Tbsp cornstarch  
3 Tbsp cold water  
2 cans chickpeas, drained & rinsed  
1 cup pineapple chunks

\*optional garnish - sesame seeds

### DIRECTIONS:

1. In a medium saucepan, add 1 Tbsp oil and saute onions until tender, stir in garlic. Add 1 cup of water, soy sauce, ginger, garlic powder, onion powder, red pepper flakes and pineapple juice. Stir and cook over medium heat.
2. In a small bowl, mix together the cornstarch and 3 Tbsp of water. Slowly pour it into the saucepan while stirring. Then bring your sauce to a simmer until it is thickened.
3. Remove from heat and stir in the pineapple, chickpeas and broccoli.
4. Divide the rice among 4 bowls and evenly add the chickpea mixture on top each. Garnish with sesame seeds if desired and enjoy.

**SERVES: 4**

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