

Spicy Chickpea and Quinoa Bowl

A vibrant and nutritious bowl featuring protein-packed chickpeas and quinoa, complemented with a spicy kick and fresh vegetables. Perfect for a wholesome meal that's ready in no time!



Main Dish

25 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1/2 cup quinoa
- 1 cup water
- 1/2 cup canned chickpeas, drained and rinsed
- 1/2 bell pepper, diced
- 1/4 cup cherry tomatoes, halved
- 1/4 avocado, sliced
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon cayenne pepper
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

Steps

- 1 Rinse the quinoa under cold water and combine it with water in a small saucepan. Bring to a boil, then reduce to a simmer and cover. Cook for about 15 minutes or until the quinoa is fluffy and the water is absorbed.
- 2 While the quinoa is cooking, heat olive oil in a skillet over medium heat. Add the chickpeas, smoked paprika, cayenne pepper, salt, and pepper. Sauté for about 5–7 minutes until the chickpeas are slightly crispy.
- 3 In a bowl, layer the cooked quinoa, sautéed chickpeas, diced bell pepper, cherry tomatoes, and avocado.
- 4 Garnish with fresh cilantro if desired, and enjoy your spicy chickpea and quinoa bowl!