

YOGA VIDYA

40 DAY WINTER YOGA CHALLENGE – WEEK 4: TURN IN, ENJOY YOUR GLOW (SELF-INQUIRY & SILENCE)

VEGAN CHICKPEA FRITTATA

This has been one of my nutritious go to meals for the last year and it is soooooo delicious. Although we mostly eat vegan at home we often have eggs if the neighbours chooks are being generous but egg frittata is not something I have ever really enjoyed.

Enter this delicious savoury meal! It's also a total winner for my niece who is allergic to eggs and I find it much more satisfying and texturally alluring than a standard frittata! Plus the sauce is a win that I often make extra of so I can have on top of avocado toast the next morning. Sooooo good!



CHICKPEA FRITTATA WITH ROASTED RED PEPPER SAUCE

INGREDIENTS:

For the Frittata

- 1/4 cup + 2 tablespoons extra virgin olive oil, divided
- 3 cups finely chopped kale (approx. 1 small bunch)
- 1/2 cup finely chopped carrots (approx. 2 large carrots)
- 1/2 cup chopped green onions (approx. 1 small bunch)
- 3 garlic cloves, minced
- 1 teaspoon salt

- 1/4 teaspoon pepper
- 2 cups garbanzo bean flour (I love [Bob's Red Mill](#))
- 2 and 1/2 cups water

For the Roasted Red Pepper Sauce

- 12 ounces roasted red peppers, drained
- 1 tablespoon dried oregano
- 2 tablespoons extra virgin olive oil
- 1 garlic clove

DIRECTIONS:

1. Preheat the oven to 400°F. In a 10-inch skillet, warm two tablespoons olive oil over medium heat. Add the chopped carrot and green onion then cook for 2 minutes. Add the garlic and the kale and continue to cook for another 5-6 minutes, until the kale begins to wilt. Allow to sit over medium heat while you prepare the batter.
2. In a large bowl, combine 2 cups garbanzo bean flour, 1 teaspoon salt, 1/4 teaspoon pepper, 2 and 1/2 cups water, and the remaining 1/4 cup olive oil then whisk until smooth.
3. Pour the mixture into the skillet and allow to cook for 5-7 minutes, until the edges begin to firm. Transfer the skillet to the oven and cook for 25-30 minutes, or until the top appears firm. Set the oven to broil and cook for 5 more minutes, until light golden brown on top. Remove from oven and allow to cool for at least 10 minutes. It's important to let it cool for proper texture. If it seems too wet inside, let it cool all the way then reheat it in the oven or in the microwave (using a microwave safe dish) when ready to eat.
4. Meanwhile make the red pepper sauce by combining the roasted red peppers, 1 tablespoon dried oregano, 1/4 cup olive oil and 1 garlic clove in a food processor or a blender. Blend until smooth.
5. Serve chickpea frittata warm with pepper sauce. Leftovers can be stored in an airtight container in the refrigerator for up to 4 days.