



15 MINUTE SESAME CHICKPEAS

vegan!

Eat With Clarity

Original Website Link:

<https://eatwithclarity.com/sticky-sesame-chickpeas/>

Ingredients

- 2 cans chickpeas
- 3-4 large cloves garlic
- 1 tbsp avocado oil or olive oil
- 1.5 tbsp toasted sesame oil
- 1/3 cup low sodium tamari or soy sauce
- 3 tbsp maple syrup
- 2 tsp rice vinegar
- 1/2 tsp ground ginger or 2 tsp fresh grated ginger
- 1 tbsp arrowroot powder
- 4 tbsp low sodium vegetable broth water *divided*
- 1/2 tsp red pepper flakes *optional for spice*

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Instructions

- Drain and rinse the chickpeas and set aside.
- Mince the garlic and add to a sauté pan with the avocado or olive oil. I suggest using a garlic press so it's very finely minced and you don't end up with any large pieces in the sauce.
- Sauté for a few minutes or until the garlic is very fragrant.
- In a small bowl combine the arrowroot powder and 2 tbsp of the vegetable broth and mix until no clumps remain. Set aside.
- To the sauté pan with the garlic, add in the low sodium soy sauce, sesame oil, maple syrup, rice vinegar, ginger, and the additional 2 tbsp of vegetable broth. Whisk together.
- Add in the arrowroot mixture and stir.
- When bubbles start to form, add in the chickpeas and stir until they are well coated.
- Cook on low heat until the sauce becomes thick and sticky, about 5 minutes. stirring occasionally.
- Remove from the heat and let sit to allow the chickpeas to absorb all of the flavor.

- Serve with steamed broccoli, quinoa, or my instant pot rice and enjoy!

Notes

Purchase some of these pantry staples from Thrive Market to save money!

Arrowroot powder can be subbed for any other thickening agent such as corn or tapioca starch. However, I prefer arrowroot and think it yields the best results.

Tamari is the gluten free version of soy sauce, but regular soy sauce will also work. If you are gluten free, just ensure you use tamari. Be sure to use low sodium or this can get way too salty!

If the sauce does not thicken properly after 10-15 minutes, add in an additional tablespoon of arrowroot powder.

Once prepared, this recipe will store in the fridge for about 5 days.

The maple syrup can be subbed for honey if desired or even brown or coconut sugar. You can also lower the amount if you are looking for a lower sugar option.