

SEAWEED & GARLICKY CHICKPEA RICE BOWL



INGREDIENTS

8 oz **Whole Grain Brown Rice & Quinoa**

< <https://inharvestfoodservice.com/products/whole-grain-brown-rice-quinoa/> >

2 1/4 cups water

1 – 7 1/2" x 8 1/4" sheet dried nori, finely shredded

2 cups roasted chickpeas, chilled

5 cloves garlic, roasted, sliced thin

1 small head Napa cabbage, shredded

2 cups bias-cut sugar snap peas

1 t ground cumin

1 t kosher salt

1/2 t ground black pepper

1/4 cup freshly squeezed lemon juice

1/4 cup sesame oil

1/2 cup roasted pumpkin seeds

1 cup bias-cut (lengthwise) scallions

DIRECTIONS

1. Bloom the nori in 1/4 cup hot water and set aside.
2. In a pot over high heat, bring 2 cups water to boil; stir in InHarvest Whole-Grain Brown Rice & Quinoa. Cook, covered, according to package directions.

3. Add the bloomed nori to the cooked rice/quinoa blend and chill the mixture.
4. In a large bowl place the chilled rice quinoa, chickpeas, garlic, cabbage and snap peas. Toss all ingredients gently.
5. Add the cumin, salt, pepper and lemon juice; toss well. Drizzle the sesame oil and toss again. Sprinkle pumpkin seeds and scallion on top as garnish.