GLOBAL · LUNCH · DINNER

Sheet-Pan Sweet Chilli Chickpea and Mushroom Rice Bowls

40 min · Serves 3 · 813 kcal a serve · Video 8:50 · Yeung Man Cooking

Vegan · No nuts listed

A hearty bowl with about 24 g of protein and 12 g of fibre from chickpeas, mushrooms and rice, with roasted (not fried) vegetables supplying more than a day's vitamin C.

Diet notes: Low saturated fat (2.3 g, 3% of the energy); Gluten-free with a swap: Use tamari in place of both soy sauces to keep it gluten-free.

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Ingredients 18 · SERVES 3

- [ ] 1 **red onion**, thinly sliced
- [ ] ½ **red bell pepper**, thinly sliced
- [ ] ½ **green bell pepper**, thinly sliced
- [ ] 150 g **broccolini**, chopped
- [ ] 2 tbsp **avocado oil**, for the vegetables and mushrooms
- [ ] **salt** to taste
- [ ] **freshly cracked pepper** to taste
- [ ] 450 g mixed **mushrooms** (cremini, shiitake and oyster mushrooms), roughly chopped
- [ ] 1 × 400 ml can **chickpeas**, rinsed and drained
- [ ] 1 tbsp **maple syrup**, for the chickpeas
- [ ] 2 tsp **chilli oil**, for the chickpeas
- [ ] 1 tsp **sweet paprika**
- [ ] 300 g **short-grain rice**, rinsed
- [ ] 2 tbsp **soy sauce**, for the sauce
- [ ] 2 tsp **dark soy sauce**
- [ ] 1 tbsp **chilli oil**, for the sauce
- [ ] 2 tbsp **maple syrup**, for the sauce
- [ ] 2 tsp **yuzu juice**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200 °C and line two trays with baking paper. On one, put the onion, peppers and broccolini in separate piles, drizzle with avocado oil, season and toss. 0:27
2. On the second tray spread the chopped mushrooms, drizzle with avocado oil and season. Toss the chickpeas with salt, pepper, 1 tbsp maple syrup, 2 tsp chilli oil and the paprika and spread them beside the mushrooms. Roast both trays 25–30 minutes. 2:09
3. Rinse the rice 2–3 times, add 350 ml water and bring to a bubble on medium-high, stir, then cover and cook on medium-low for 15 minutes. Turn off the heat and steam 10 minutes more. 3:55
4. Stir together the soy sauce, dark soy sauce, chilli oil, maple syrup and yuzu. 4:47
5. Fill bowls with rice, top with the roasted vegetables, mushrooms and chickpeas and spoon the sauce over. 5:55

> **Tip** Serves 2–3 (we use 3). Lemon juice works if you can't find yuzu. Use any vegetables you have; leftover sauce is good in a stir-fry.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
813 kcal 3,400 kJ	24 g 47% of a day	137 g 125 g net · 24 g sugars 50% of a day

FIBRE	FAT	SODIUM
12 g 44% of a day	21 g 2.3 g saturated 26% of a day	1,380 mg 60% of a day

Energy from net carbs 64% · protein 12% · fat 24%

High in (20%+ of a day) Vitamin C 118% · Selenium 78% · Folate 58% · Vitamin K 53% · Omega-3 53% · Vitamin B6 43% · Zinc 39% · Magnesium 30% · Potassium 27% · Vitamin E 27% · Iron 26%

Source of (10–19%) Calcium 11%

⚠ One serve has about 60% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Yeung Man Cooking (@YEUNGMANCOOKING) on YouTube — youtube.com/watch?v=2b-BqTPbZjM, published 13 October 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sheet-pan-sweet-chilli-chickpea-rice-bowls