



Miso-Curry Roasted Squash with Crispy Chickpeas & Kale



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(Adapted from [Super Natural Every Day](#))

Serves: 3-4

Ingredients:

- 1 Small/Medium Squash (Mine was 500g/Just over 1lb), cut into large chunks/moon shapes (if you're using a butternut you'll need to peel it)
- 1 1/2C/1 Can Cooked Chickpeas
- 1/4C Olive Oil
- 1/4C (scant) White Miso
- 1T Red Curry Paste
- 2T Lemon Juice
- 3C Kale (I used Cavolo Nero), de-stemmed and cut into ribbons
- 1/3C Pumpkin Seeds, Roasted
- Large Handful of Fresh Coriander/Cilantro, roughly chopped or simply de-stemmed

<http://coconutandberries.com/2013/10/27/miso-curry-roasted-squash-with-crispy-chickpeas-kale/>

Method:

Combine the olive oil, miso and red curry paste in a small bowl and toss about 1/3C of this with the squash and chickpeas in a large bowl. Use your hands to make sure it's all coated. Spread onto a baking sheet and roast for 25-30 minutes, until squash is tender and chickpeas are crisp.

Meanwhile, whisk the lemon juice into the remaining miso-curry mixture until emulsified. In the large bowl you used for the vegetables, toss the kale and the dressing (you may not need all the dressing). Massage with your hands until the kale shrinks down a little and gets silky.

When squash and chickpeas are cooked, toss with the kale, remove to serving dishes or a platter, sprinkle with pumpkin seeds and coriander, and serve.