



Prep time: 15 minutes  
Cook time: 50 minutes  
Serves 3 - 5 people

**INGREDIENTS:**

600g Carrots, peeled, cut into pieces.

**FOR CHILLI MAPLE SAUCE:**

3 tbsp maple syrup

2 tbsp sriracha

1 1/2 tbsp olive oil

1/4 tsp salt

1/4 tsp black pepper

**FOR CRISPY CHICKPEAS:**

400g drained chickpeas

1 tbsp olive oil

1/2 tsp paprika

1/4 tsp garlic powder

1/4 tsp onion powder

1/4 tsp salt

1/4 tsp black pepper

**FOR LEMON YOGURT:**

1 cup plain yogurt

1/2 tsp garlic, finely grated

1 tbsp lemon juice

1 tbsp extra virgin olive oil

1/4 tsp salt

# CHILLI MAPLE-GLAZED CARROTS WITH CRISPY CHICKPEAS & LEMON YOGURT

## Suitable for plant-based food lovers.

No meat, no problem! This dish is perfect for anyone looking for a meat-free meal that is rich in fibre, protein, and natural sweetness.

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## INSTRUCTIONS:

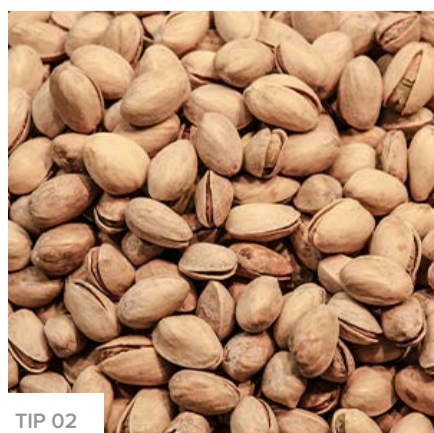
1. Mix together the Chilli Maple Sauce ingredients and add the carrots. Place in the Megamaster 260 Cast Iron Round Pan. Braai the carrots for 30min on your Megamaster Gas Braai's grid or side burner.
2. In another pan, add your drained chickpeas. Braai them for 10min.
3. After 10min add oil, spices for the chickpeas, salt and pepper. Braai for a further 20 – 25min until crispy.
4. Remove the carrots and chickpeas from the heat once time is up.
5. Mix the lemon yogurt ingredients in a bowl and set aside for at least 20min to allow flavours to develop.
6. Add yogurt to the chickpeas.
7. Place the carrots on top of the yogurt and chickpea mixture and top with garnish.
8. Ready to serve!

## MEGAMASTER RECIPE TIPS



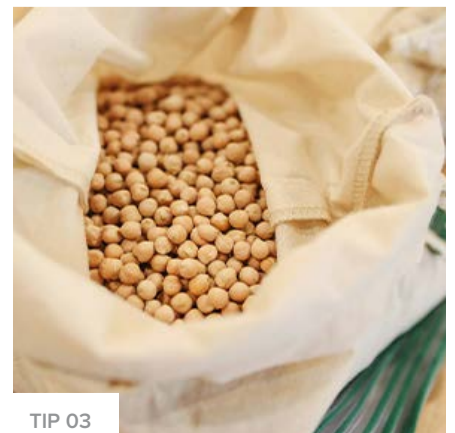
TIP 01

Switch maple syrup out for honey to switch up the flavour.



TIP 02

Level up your taste by adding pistachios with the chickpeas.



TIP 03

For the best crispy chickpea result, make sure the chickpeas are crispy on the outside but still soft in the inside. Try one!