

# Sticky Sesame Chickpeas

## Instructions

1. In a small bowl, combine the tapioca starch and 2 tablespoons of the vegetable broth. Stir until the mixture is smooth and set aside.
2. Add the minced garlic to a pan with avocado or olive oil and sauté briefly until the garlic is very fragrant, watching carefully to make sure the garlic does not scorch.
3. To the pan with the garlic, add the soy sauce, sesame oil, maple syrup, rice vinegar, ginger, the remaining 2 tablespoons of vegetable broth, and the red pepper flakes (if using). Whisk all of the ingredients together.
4. Add the tapioca mixture to the pan and stir. When bubbles begin to form, add the chickpeas and stir until they are well coated with the sauce.
5. Stirring occasionally, continue to cook the mixture over low heat until the sauce is thick and sticky, about 5 minutes.
6. Remove from heat and let stand to give the chickpeas time to absorb the flavor.
7. Serve with rice, quinoa, or steamed broccoli.

## Ingredients

- 1 tbsp tapioca starch (or cornstarch or arrowroot starch/flour)
- ¼ cup low-sodium vegetable broth, divided
- 3-4 cloves of garlic, minced
- 1 tbsp avocado or olive oil
- ⅓ cup low-sodium soy sauce or tamari
- 1 ½ tbsp toasted sesame oil
- 3 tbsp maple syrup (or honey, brown sugar, or coconut sugar)
- 2 tbsp rice vinegar
- ½ tsp ground ginger or 2 tsp fresh grated ginger
- ½ tsp red pepper flakes (optional)
- 2 (15 oz) cans of chickpeas, drained and rinsed
- Rice, quinoa, or broccoli (for serving)

## Grocery List

### Canned Goods/Grocery

- Tapioca starch (or cornstarch or arrowroot starch/flour)
- Low-sodium vegetable broth
- Avocado or olive oil
- Low-sodium soy sauce or tamari
- Toasted sesame oil
- Maple syrup (or honey, brown sugar, or coconut sugar)
- Rice vinegar

- Ground ginger (if using)
- Red pepper flakes (optional)
- Chickpeas
- Rice or quinoa (if using to serve)

### Produce

- Garlic
- Fresh ginger (if using)
- Broccoli (if using)