

# PLANT-BASED PAIRING: 2018 TRINGARIO LUDOPATA MARSELAN

Grape variety: Marselan

*This medium-bodied red from Chile is not only fun in its cool label design but also extremely enjoyable in taste. Enjoy flavors of raspberry, ripe black cherry, plum and violet.*

## COCONUT CHICKPEA RICE

RECIPE BY FRANCES GONZALEZ



### Ingredients

- 1 cup of Basmati rice
- 1 cup of coconut milk
- 1 half of red onion
- 1/4 cup of hazelnuts
- 1 cup broccolini
- 1 tablespoon of coconut oil
- 1 cup of chickpeas
- 1/2 tablespoon of garlic powder
- 1 teaspoon of chili powder
- 1 tablespoon of smoked paprika
- 2 teaspoon of turmeric powder
- 1/2 cup of shredded coconut
- salt to taste and garnish with cilantro (both optional)

### Instructions

1. Place rice in a saucepan and rinse off rice a few times
2. Medium-high heat and toss the rice for a couple of minutes.
3. Add coconut milk and when it starts bubbling stir then place cover to simmer for 15 minutes.
4. Dice the onion and chop hazelnuts, along with broccolini.
5. Turn off the saucepan fire and let the rice steam for 10 minutes.
6. Get a non-stick pan, put on medium heat, and add one teaspoon of coconut oil.
7. Add onions, chickpeas, garlic powder, chili, paprika, turmeric, hazelnuts, broccolini, and saute for 3-4 minutes.
8. Then add coconut flakes and saute for 1 minute.
9. Serve and top with cilantro and salt to taste.