



Tomato, Garlic and Chickpea Stew

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SERVES: 4

TIME TO MAKE: 50 MINS

ALLERGENS: CELERY

This easy chickpea stew is packed full of protein and fibre. Add your favourite veggies, chicken or even chorizo to emphasise the smoky flavours in this dish.

Ingredients

- 1 tablespoon olive oil
- 4 cloves of garlic, crushed
- 1 large red onion, thinly sliced
- 400 grams canned chopped tomatoes
- 1-2 roasted red peppers, thinly sliced
- 400 grams canned chickpeas in unsalted water, drained and rinsed
- 150 grams leafy greens e.g. kale or spinach, washed
- 1-2 teaspoons smoked paprika
- 150 ml vegetable stock
- Handful fresh coriander, chopped

Notes

Experiment with ingredients.

- Use any other tinned beans instead of chickpeas
- Add a dollop of low fat creme fraiche or greek yoghurt for creaminess
- Add a splash of red wine vinegar for extra depth of flavour
- Top with crispy chickpeas or toasted flaked almonds for added texture

Method

1. Add olive oil to a pan and place over a medium-high heat. Add the onion and cook for 3–4 minutes until the onion is softened.
2. Add the garlic and smoked paprika and cook for 1–2 minutes.
3. Add the peppers and cook for further 5 minutes.
4. Add the chopped tomatoes and vegetable stock and bring to the boil. Cover and simmer over a low heat for 15 minutes.
5. Add the chickpeas and leafy greens. Stir well, push the greens beneath the sauce and cook uncovered for 6–8 minutes until wilted and the sauce has reduced to your preferred consistency.
6. Turn the heat off and stir through the fresh coriander and season with salt and pepper.

	ENERGY	FAT	SAT FAT	SUGARS	SALT	CARBS	PROTEIN	FIBRE
	193 kcal	6.4 g	0.9 g	11 g	0.3 g	22 g	8 g	6.6 g
%RI	10%	9%	5%	12%	5%	8%	16%	22%

Per 1 serving (310 g)

Reference Intakes (%RI) is based on an average adult woman (2000 kcal/8400 kJ)