

SPINACH & CHICKPEA STEW

TIPS

- Serve with rice, cous cous, bulgar wheat or just a generous helping of vegetables



INGREDIENTS

1 lemon
25g Chillies, finely chopped
1 tsp oregano
600g tinned chickpeas
1 tbsp ground cumin
25ml Oil Rapeseed
400g Spinach
2 tsp Smoked Paprika
1 vegetable stock cube
250g onions, diced
10g Garlic puree

STEP 1.

Heat the oil in a saucepan over a low heat & add the garlic, onions & cook until soft

STEP 2.

Add the cumin, paprika, chilli, oregano - cook for a further 4-5 minutes

STEP 3.

Now add the chickpeas (don't forget to retain the water!) salt & pepper

STEP 4.

Add in the diluted vegetable stock bring to a simmer & gently cook for 10 minutes

STEP 5.

Once the stew has thickened add your spinach leaves & a squeeze of lemon juice you are ready to go