

Greek Chickpea Stew

Why chickpeas?

Chickpeas are a rich source of vitamins, minerals and fibre which means they may have health benefits such as aiding weight management and improving digestion. They are high in protein and at less than 50p a tin in shops like Aldi and Lidl they make an excellent replacement for meat in many dishes.

Did you know...?

The protein and fibre in chickpeas can help you feel full and keep your appetite under control.

The protein and fibre in chickpeas work together to slow digestion which help satisfy your hunger and keep you feeling fuller for longer.

This recipe uses low-cost and free ingredients!

The ingredients for this tasty meal are low cost and you can pick your own fresh herbs from the Incredible Edible planters on Platform 2 at Todmorden Train Station!

These herbs are for the community to share so take sparingly and take care to pick the leaves, instead of snapping stems, to encourage new leaves to grow for others to enjoy.

Why not try experimenting with the other fresh herbs available here to add flavour to your other recipes?



Average serving of chickpeas contains:

Calories: 269

Protein: 14.5 grams

Fat: 4 grams

Carbs: 45 grams



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Ingredients

Fresh items

1 onion
2 cloves of garlic
2 carrots
lemon zest, of 2 lemons
lemon juice, of 2 lemons

Store cupboard items

1 vegetable stock cube dissolved in 400ml water
salt
pepper
1 x 400g tin of chopped tomatoes
2 x 300g tin of chickpeas
3 tablespoons olive oil

Fresh herbs

2 tablespoon(s) thyme
2 sprig(s) rosemary
1/3 bunch dill, finely chopped

Method

1. Cut the onion, garlicks, and carrots into small cubes and add them into a pot.
2. Add the thyme, rosemary, lemon zest, stock cube, water, salt, pepper, chick-peas, chopped tomatoes and place the pot over medium heat.
3. As soon as it starts boiling, close the lid, and boil for 30 minutes.
4. Remove from the heat and add the dill, lemon juice, olive oil, and pepper.
5. Serve with lemon slices, olive oil, and pepper.

Did you know...?

The 'zest' of a lemon is the bright yellow, thinnest outer layer of a lemon. You can shred this using a fine grater, which is usually on the side of a standard grater.

