



CHICKPEA & PEPPER STEW

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 tablespoon avocado oil
- 1 large onion, sliced
- 2 leeks, sliced
- 2 cloves of garlic, crushed
- 2 red peppers, sliced
- 1 yellow pepper, sliced
- 1 green pepper, sliced
- 2 chillis (1 yellow and 1 red), finely chopped
- 2 teaspoon smoked paprika
- 1 teaspoon ground cinnamon
- 2 tins of chopped tomatoes
- 700g jar of Brindisa chickpeas

METHOD

1. Heat the avocado oil in a large shallow pan.
2. Add the onions and leeks and gently fry for 6 minutes until soft.
3. Add the crushed garlic and fry for another 2 minutes.
4. Add the peppers and chillis with a pinch of sea salt and allow to soften together with the onions and leek.
5. Add the smoked paprika and cinnamon.
6. Add the chopped tomatoes and cook everything together for 15 minutes.
7. Add the chickpeas and bubble together for 8-10 minutes.
8. Serve with some cooked quinoa and a green leafy vegetable for a balanced meal.

PREP TIME

- Ready in | 50