



Product Spotlight: Mughal Foods

Mughal Foods is a local WA bakery specialising in making Indian bread. They use 100% Australian-grown wheat flour and avoid preservatives and artificial additives.



North African Braised Chickpeas with Flatbread

This warming chickpea stew is flavoured with mild harissa paste and packed with veggies! Served with tangy cumin yoghurt and naan flatbreads for dipping.



30 minutes



2 servings



Vegetarian

12 May 2023

Bulk it up!

Serve this dish with cooked rice to get extra servings or have leftovers for lunch the next day.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	26g	92g

FROM YOUR BOX

BROWN ONION	1
TOMATO	2
HARISSA PASTE	1 sachet
CARROT	1
RED CAPSICUM	1
BABY SPINACH	1 bag (60g)
TINNED CHICKPEAS	400g
GARLIC CLOVE	1
NAAN BREAD	2-pack
NATURAL YOGHURT	1 tub
LEMON	1

FROM YOUR PANTRY

oil for cooking, olive oil, stock cube of choice, cumin seeds

KEY UTENSILS

2 frypans

NOTES

Substitute olive oil for melted butter if preferred.

No gluten option – Naan bread is replaced with **GF wraps**. Prepare wraps as per step 4.



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1. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice onion and wedge tomatoes. Add to pan as you go along with harissa paste. Sauté for 5 minutes until onion softens.



2. ADD THE VEGETABLES

Grate carrot and dice capsicum. Add to frypan and stir to combine. Cook for 2 minutes.



3. SIMMER THE STEW

Add spinach and chickpeas (including liquid) to pan. Crumble in **stock cube** and stir to combine. Simmer, semi-covered, for 10-15 minutes until stew thickens.



4. WARM THE BREAD

Crush garlic clove. Add to a bowl with **1 tbsp olive oil** (see notes). Heat a second frypan over medium-high heat. Add naan and cook to warm. Remove to a plate and drizzle over garlic oil.



5. MAKE THE CUMIN YOGHURT

Add yoghurt to a bowl along with **1 tbsp cumin**. Mix to combine.

Wedge lemon.



6. FINISH AND SERVE

Divide stew among bowls. Dollop on cumin yoghurt. Serve with lemon wedges and naan.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

