



### 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



4 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
	23g	21g	84g

## FROM YOUR BOX

BROWN ONION	1
TOMATOES	3
HARISSA PASTE	2 sachets
CARROTS	3
RED CAPSICUM	1
ENGLISH SPINACH	1 bunch
TINNED CHICKPEAS	2 x 400g
GARLIC CLOVES	2
NAAN BREAD	4-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

To remove any excess sand in the spinach, trim the ends and soak it in a sink of cold water for 5 minutes. The sand will sink to the bottom.

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



### 3. SIMMER THE STEW

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



### 4. WARM THE BREAD

Crush garlic cloves. Add to a bowl with **2 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.

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