

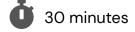




## North African Braised Chickpeas

## 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.





4 servings



# 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

#### 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 the to 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.

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



