

CHICKPEA & ROOT VEGETABLE STEW (VE)

A hearty, filling vegan main meal or you can turn it into a chunky soup by adding with extra vegetable stock.

Serves 2

Per serving: 281 Calories, 1.1% fat

Prep time 10 mins

Cook Time 40 mins

INGREDIENTS

1 red onion, diced
1 garlic clove, crushed
2 carrots, peeled and diced
100g swede, peeled and diced (about 1 cup)
1 x 400g can chickpeas, drained
200ml vegetable stock
1 small red chilli, deseeded and finely sliced
1 tbsp freshly chopped basil
½ tsp ground cumin
1 x 400g can chopped tomatoes
1 piece orange peel
freshly ground black pepper
chopped fresh parsley

METHOD

1. Heat a large, non-stick pan and dry-fry the onion and garlic until soft then add the vegetables and chickpeas.
2. Gradually stir in the stock, before adding the chilli, basil and cumin.
3. Stir in the tomatoes and orange peel and allow to simmer. Simmer gently for 30 minutes, topping up with more water if required, until the vegetables are cooked and the sauce has thickened.
4. Just before serving, remove the orange peel and sprinkle with parsley.
5. Serve hot with boiled rice or steamed couscous.

