

SPICY CHICKPEA CASSEROLE (VE)

Serves 4

Per serving: 160 calories, 3.8g fat

Prep time: 25 minutes

Cook time: 40 minutes

INGREDIENTS

2 medium leeks, finely chopped
2 courgettes, diced
3 celery sticks, chopped
½ tsp ground cumin
½ tsp ground turmeric
½ tsp ground five spice
2 garlic cloves, chopped
2 tsps chopped fresh oregano
1 x 400g can chickpeas
600ml (1 pint) vegetable stock
2 tsps cornflour
salt and freshly ground black pepper
2 pieces fresh orange peel, finely shredded
courgette strips to garnish

METHOD

1. Place the prepared leeks, courgettes and celery and into a preheated non-stick pan and dry-fry for 2–3 minutes until lightly coloured.
2. Add the spices, garlic and oregano and continue to cook for 1 minute.
3. Rinse the chickpeas under cold running water, and add to the pan.
4. Add the stock and bring the mixture to a gentle simmer.
5. Mix the cornflour in a small bowl with a little cold water to a smooth paste.
6. Stir the slaked cornflour into the casserole and simmer gently for 5 minutes.
7. Garnish with the finely shredded orange peel and some finely shredded courgette strips.

