

## CHICKPEA AND SPINACH STEW

SERVES 2-4 / PREPARE 10 MINS / COOK 15 MINS

### Ingredients

3 tbsp	Olive oil	200ml	Dry white wine
1	Onion, finely chopped	200g	Spinach leaves, any fibrous stems removed
5	Garlic cloves, finely chopped	1	Cooking chorizo (optional)
1	Red or green pepper (sweet)		Salt & Black pepper (optional)
200g	Passata		
400g	Tinned chickpeas, drained		

### Instructions

Heat the oil in medium sized cast iron casserole or clay pot over a medium heat.

Sauté the onions until soft and golden, 2-3 min. Add the garlic and peppers and cook for 2 min, stirring frequently. If you are using chorizo, chop it in bite size pieces and add to the pan, cook for a further 2 min.

Add the passata with a pinch of salt together with the chickpeas. Cover and simmer for 5min.

Add the wine, turn the heat up and let it bubble for 5 minutes, turn the heat down and simmer for 5 more minutes.

Wash, drain and roughly chop the spinach, unless you are using baby spinach which can be left whole. Add the greens to the stew and give it a gentle stir to ensure you don't break the chickpeas.

Serve with some wholemeal crusty bread, ideally rubbed with a garlic clove and drizzled with plenty of extra virgin olive oil.



### Nutrifacts



The plant **PROTEIN** in **chickpeas** has been found by research to reduce the growth of certain cancers and reduce levels of cholesterol as compounds known as sterols prevent it from being absorbed by the body. **Chickpeas** are a source of **SOLUBLE FIBRE** that helps prevent constipation and **INSOLUBLE FIBRE** that feeds the beneficial bacteria in our gut.

**Spinach** contain high amounts of **BETACAROTENE** a precursor to vitamin A, important to maintain. Spinach also contain **VITAMIN C**, **VITAMIN K** and **FOLIC ACID** as well as minerals such as **CALCIUM**, good night vision and **LUTEIN**, an antioxidant that research shows may help maintain eye health and protect against certain cancers, mainly prostate.

**Red peppers** contain **VITAMIN C** that supports the immune system and **β CAROTENE** a powerful antioxidant. Our bodies can produce **VITAMIN A** from **β CAROTENE** to support vision.

**Onions** contain **FIBRE** to help intestinal transit and **PREBIOTICS** which feed the beneficial bacterial in your gut.

**Garlic** is high in an important antioxidant, **VITAMIN C** which also supports the immune system.