

One Pot

Tomato and Chickpea Stew

This delicious one pot stew comes together incredibly quickly, making it a great dish for busy or lazy nights. Not only is this meal easy to make, it's also high in zinc and magnesium, which support the immune system and muscles.

This recipe makes ONE serving, but can be doubled, tripled or even quadrupled to make many meals in bulk. Store it in an airtight container in the fridge for up to 3 days, and reheat in a microwave until piping hot.

*This recipe is suitable for vegetarians. To make vegan, leave out the parmesan or switch it for any plant-based cheese.

INGREDIENTS

1 tbsp olive oil
1/2 a medium onion, chopped
1/2 a red pepper, chopped
1 small carrot, diced
1 garlic clove, crushed
1/2 tsp cumin
1/4 tsp salt
1/4 tsp chilli flakes
A pinch of black pepper
200g chopped tomatoes
100g canned chickpeas
A handful of basil
10g of Parmesan (or vegan alternative) finely grated.

METHOD

1. Heat the oil in a pot over a high heat. Add the onion, pepper and carrot. Cook for approximately 10 minutes, stirring occasionally, until the onion starts to go golden brown.
2. Add the garlic and cook for 3-4 more minutes.
3. Add the cumin, salt, chilli flakes and black pepper and cook for 1 minute more.
4. Add the chopped tomatoes and chickpeas. Mix well, then reduce the heat to medium. Allow to cook for 5 more minutes. At the very last minute, add the basil.
5. Serve with parmesan.