

Chickpea & Vegetable Stew



A HEALTHIER COMMUNITY
Health Promotion & Disease Prevention Directorate



GOVERNMENT OF MALTA
OFFICE OF THE DEPUTY PRIME MINISTER
MINISTRY FOR HEALTH



Health Promotion & Disease
Prevention Directorate

Chickpea & Vegetable Stew

Serves 4

Ingredients

- 400g eggplant/marrow or both, cubed
- 1 large onion, chopped
- 200g red pepper, chopped into small pieces
- 200g green pepper, chopped into small pieces
- 1 large carrot, grated
- 5 cloves garlic, finely chopped
- 1 large can of cooked chickpeas, rinsed thoroughly
- 3 handfuls of chopped kale
- 1/4 tsp ground cumin
- 1/4 tsp paprika
- 1/4 tsp cayenne pepper
- 125ml tomato juice
- 200g fresh tomato, chopped
- Light olive oil spray
- 125 ml water
- 1 tsp extra virgin olive oil (optional)
- 1/2 tsp freshly ground black pepper

Method

1. In a heated pan, spray some cooking olive oil.
2. Add eggplant and cook on medium-high to high heat or roast until it is nicely browned.
3. Once cooked, remove from the pan, and set aside.
4. Use the same pan and add 3 puffs of olive oil.
5. Add the onion, the red and green bell pepper, and the carrot.
6. Cook on medium-high heat until the onion softens.
7. Add the chickpeas, chopped garlic, and spices and cook on medium heat for another 3 minutes.
8. Add the tomato juice, eggplant, fresh chopped tomatoes, and water and mix well.
9. Bring to a boil, cover, and cook on medium-low heat for about 20 minutes or until the stew slightly thickens.
10. Add the kale and cook for another 2 minutes.
11. Serve

To garnish

- 1/2 tsp ground black pepper
- 20g Parsley - finely chopped
- Drizzle extra virgin olive oil (optional)

Tip: The skin on fruit and vegetables provides an important and natural source of insoluble fibre, the all-important ingredient for a healthy gut. The skin or peel of fruits and vegetables are generally higher in antioxidants, fibre, vitamins and minerals than the flesh.