

# SPICY CHICKPEA AND SPINACH STEW

## Recipe from The Vegetarian Athlete's Cookbook

*When it starts to get chilly, this is the perfect recipe for a warming midweek meal. Chickpeas are an excellent source of fibre, protein and iron. They also contain fructo-oligosaccharides, a type of fibre that increases the friendly bacteria of the gut. Here, I've combined them with spinach, which is a fantastic source of folate and iron.*

### Serves 2

#### Ingredients:

- 1 tbsp light olive oil or rapeseed oil
- 1 small onion, chopped
- 1 - 2 garlic cloves, crushed
- 1 slice fresh ginger, peeled and finely grated
- ½ green chilli, finely chopped
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- 2 tbsp plain Greek yogurt
- ¼ teaspoon turmeric
- ½ tin (400 g/14 oz) chopped tomatoes
- 400 g (14 oz) tin chickpeas, drained and rinsed
- 125g (4oz) baby spinach
- Salt and freshly ground black pepper
- A handful of fresh coriander leaves, chopped

- Heat the oil in a large heavy-based saucepan and add the onions, garlic, ginger, chilli, coriander, cumin and turmeric.
- Cook over a moderate heat for 10 minutes until the onions have softened.
- Add the tomatoes and chickpeas. Bring to the boil, and then simmer for 10 minutes.
- Add the spinach and stir until the spinach has wilted.
- Remove from the heat, season with salt and pepper, and stir in the fresh coriander.
- Serve with the Greek yogurt, and wholewheat couscous or wholegrain rice.

NUTRITION per serving:

• 294kcal, 18g protein, 10g fat (1 saturates), 29g carbs (9g total sugars), 10g fibre