



SPANISH CHICKPEA & ALMOND STEW

Recipe from Eat Happy by Melissa Hemsley

Serves 4 – Easy – 20 minutes



- 3 tbsp chopped or flaked almonds
- 1½ tablespoons butter or ghee
- 1 large onion, finely chopped
- 1 large red or orange pepper, deseeded and chopped
- 3 garlic cloves, finely chopped
- 1 large handful of fresh parsley, stalks finely chopped and leaves roughly chopped
- 1 tablespoon tomato purée
- 2 x 400g tins of chopped tomatoes
- 2 x 400g tins of chickpeas, drained and rinsed
- 100ml stock/bone broth or water
- 250g spinach
- 1 tablespoon lemon juice Sea salt and black pepper Extra-virgin olive oil, to serve
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- ¼ teaspoon cayenne pepper



Method

1. In a large, deep frying pan, toast the almonds over a medium heat for just under a minute until golden, then set aside. Melt the butter in the hot pan, add the onion and pepper and fry for 6 minutes until starting to soften.
2. Add the garlic, spices and parsley stalks and fry for 1 minute, stirring constantly to prevent them from burning, then add the tomato purée and cook for another 30 seconds.
3. Tip the tinned tomatoes into the pan, turn up the heat to a medium simmer and cook for 15 minutes, uncovered, to thicken and reduce. Add the chickpeas and cook for another 3 minutes with a lid on. If you want the stew to be more soup-like, add the stock. Add pineapple pieces and vegetables and heat briefly in the sauce.
4. Turn up the heat, drop in the spinach and cook for 1 minute, covered with the lid, then add the lemon juice and season with salt and pepper
5. Serve each bowl with a good drizzle of olive oil and with the parsley leaves and toasted almonds scattered over.





Greenhouse Gasses

Total overall recipe **5.48kg CO2e**

Total per serving **1370g CO2e**

Per serving equivalent to driving **4.6 miles** in an average UK petrol car

