



Chickpeas with spinach and saffron V O

A simple, quick Spanish chickpea and spinach recipe flavoured with saffron, which can also be served as a tapas-style dish with the potato tortilla or with rice for a larger meal.

Serves 4 | Prep 10 mins | Cook 15 mins

- 250g spinach leaves, washed
- 2-3 tbsp olive oil
- 1 medium onion, finely chopped
- 1 clove garlic, peeled
- pinch of saffron threads
- 2 x 400g cans chickpeas, drained and rinsed

- 1 large tomato, diced
- ½ tsp smoked or plain paprika, plus extra to sprinkle

- 1 Place the washed spinach in a large pan with a lid on a medium heat, and allow to just wilt, making sure the leaves are still bright green and not overcooked. Drain immediately in a colander, and refresh under cold water to halt the cooking.
- 2 Heat 2 tablespoons of the olive oil in a large frying pan and soften the onion for 10 minutes on a medium-low heat.
- 3 While the onion is cooking, place the garlic with the saffron threads and a pinch

of salt in a pestle and mortar, and crush to a paste. When the onion is just beginning to colour golden, add the garlic saffron paste and cook gently for 1-2 minutes.

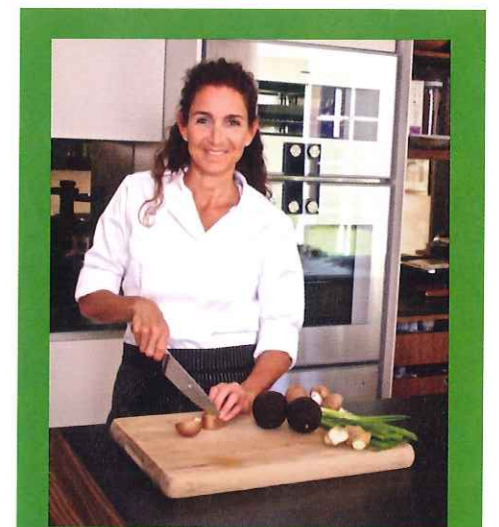
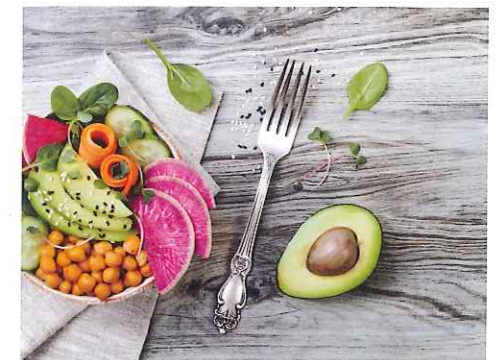
4 Add the chickpeas, diced tomato and paprika and cook for another 2 minutes, stirring to coat the chickpeas in the spices. Taste and season with a little more salt, pepper and paprika if necessary, then stir in the wilted spinach.

5 Serve drizzled with more olive oil and sprinkled with paprika.

■ PER SERVING 248 cal, fat 10g, sat fat 1g, carbs 24g, sugars 5g, protein 11g, salt 0.22g, fibre 10g

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KELLY LITTLE,
CNM NATURAL CHEF GRADUATE

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