

## 7 Spicy chickpea stew

Adapted from a recipe in Aussie chef Bill Granger's book "Bill's Open Kitchen"

Serves 4.

### *Ingredients*

1 generous tablespoon light olive oil or other vegetable oil

1/2 red onion

2 garlic cloves

1 green chilli (choose a not-too hot small to medium chilli)

1 inch cube fresh ginger root

generous pinch salt

1 400g tin chickpeas, drained and rinsed

40ml water

1/2 teaspoon ground cumin

generous pinch ground turmeric

freshly ground black pepper

200g cherry tomatoes, sliced in half

100g bag prewashed baby spinach leaves

1. Do all your ingredient preparation before you start to cook. Peel and finely slice the red onion. Cut the ends of the garlic cloves (no need to peel) and get the garlic crusher ready. Halve, deseed and finely slice the green chilli. Peel the ginger root and grate using a nice sharp grater ideally a Microplane type. Wash and cut in half the cherry tomatoes. Open the can of chickpeas and drain and rinse in a colander.
2. Heat the oil in a large deep frying pan or medium saucepan. Add to the pan the onions, garlic straight from the crusher, chilli, ginger and generous pinch of salt and cook over a medium heat, stirring from time to time with a wooden spoon until the onions are soft but not browned, about 5 minutes.
3. Add the chickpeas, water, cumin, turmeric and pepper and cook for another 5 minutes or until most of the water has evaporated.
4. Add the tomatoes and cook for another 2 minutes to soften. Remove from the heat and taste for seasoning. Add more salt and pepper if needed.
5. Add the baby spinach leaves to the pan. If you're not ready to serve immediately, leave the spinach leaves on the surface of the stew. When you are ready to serve, put the pan back onto a medium heat and stir in the spinach leaves to wilt.
6. Serve in bowls with a generous spoonful of plain Greek-style yoghurt and warmed wholemeal pitta bread.

