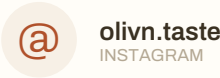


DINNER · MEDITERRANEAN · STEW · CHICKPEAS · VEGETARIAN

Tomato Saffron Chickpea Stew



A bright Mediterranean chickpea stew with tomato, saffron, spinach and yogurt.

PREP 15 min	COOK 35 min	SERVES 4	LEVEL Easy
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Ingredients17 ITEMS

Extra-virgin olive oil	2 tbsp	Yellow onion	1
Garlic cloves	3 clove	Smoked paprika	1 tsp
Ground cumin	1 tsp	Saffron threads	1 pinch
Tomato paste	2 tbsp	Canned whole peeled tomatoes	800 g
Chickpeas	800 g	Vegetable stock	250 ml
Baby spinach	150 g	Fine sea salt	1 tsp
Black pepper	0.5 tsp	Thick Greek yogurt	120 g
Lemon	0.5	Chopped flat-leaf parsley	3 tbsp
Grilled sourdough	-		

Method7 STEPS

- 1 Warm the olive oil in a wide casserole over medium heat. Add the onion with a pinch of salt and cook for about 8 minutes, until soft and lightly golden.
- 2 Add the garlic, paprika, cumin and saffron. Stir for about 45 seconds, then add the tomato paste and cook until it darkens slightly.
- 3 Add the crushed tomatoes, chickpeas, stock, salt and pepper. Bring to a gentle simmer and cook uncovered for about 22 minutes, stirring occasionally, until thick and glossy.
- 4 Fold in the spinach a handful at a time and cook for 2 minutes, just until wilted.

- 5 Squeeze in the lemon and check the seasoning.
- 6 Spoon into bowls, add a dollop of yogurt and finish with parsley and a thread of olive oil.
- 7 Serve with grilled sourdough for scooping.