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Chickpea Stew & Quinoa

High carb



By BECKY JONES

Simple Vegetarian Goodness. Hitting the magic 20g protein per serve and taste buttons, yum! Ready in under 30 minutes, perfect for a throw together weeknight meal - exactly how this recipe happened!

Prep: 5 min

Cook: 20 min

Fresh: 3 days

Beginner

Ingredients for 3 Portion(s)

400 g Chickpeas in Water

400 g Crushed Tomatoes (Canned)

1 Cup Quinoa

1 medium Courgette

1 tablespoon Extra virgin olive oil

1 single Vegetable stock cubes

½ level teaspoon Brown sugar

½ teaspoon(s) Ground cumin

½ teaspoon(s) Smoked paprika

2 twist of Black pepper

1 pinch Salt

Method

Cook quinoa according to cooking instructions (1 cup dried quinoa usually needs 2 cups cold water, and yields 3 cups cooked quinoa) and add 1 stock cube or 1 tsp of stock powder.

Whilst quinoa is cooking, chop courgette and pumpkin into small cubes or pieces. Heat oil in a saucepan and add courgette, pumpkin, spices, sugar, salt and pepper, and cook until vegetables start to soften, approx. 5 minutes.

Drain the tinned chickpeas and add to the saucepan cooking the vegetables, together with the tin of tomatoes. Gently stir to combine and set heat to a low simmer for approximately 20 minutes.