

Chickpea & Spinach Casserole

Recipe by Claire Sambolino
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	186 kj	2%
Energy (kcal)	44 kcal	2%
Fat	1.4 g	2%
of which saturates	0.2 g	1%
Carbohydrate	4.8 g	2%
of which sugars	1.8 g	2%
Fibre	1.5 g	6%
Protein	2.3 g	5%
Salt	0.17g	3%

Generated by Nutritics v5.61 on 16th Aug 2021

INGREDIENTS (serves 4)

1x 400g tin of chickpeas (230g drained)
1x 400g tin of plum tomatoes or 6-8 fresh tomatoes (chopped)
1 red onion (chopped)
1-2 cloves garlic (crushed)
2-3 large handfuls of baby spinach leaves or c. 200g
1 tsp of smokey paprika
250ml of water
2 tbsp olive oil
salt and pepper

OPTIONAL: 1 red chilli, 250ml chicken bone broth in place of water, parmesan cheese or crumbled feta (**MILK**)

METHOD & COOKING TIME: 10 mins prep, 20 mins cooking

- Heat 2 tbsp of olive oil in a medium-sized pan and add the chopped onion and garlic and sweat for 1-2 minutes. If using a chilli, add at this first stage.
- Drain the tinned chickpeas and add to the pan, along with the tomatoes, water (or bone broth) and paprika, cover and simmer for 20 minutes.
- Remove the lid and add in the baby spinach leaves and simmer for a further 5-10 minutes cooking time. Season with salt and pepper.

Serving suggestion: Sprinkle with grated parmesan or crumbled feta (**MILK**) & serve with a portion of wholegrain rice, quinoa, cous-cous

ALLERGENS



MILK

MODIFY

Switch chickpeas for other beans or pulses as desired.

For dairy free exclude cheese.

CREDIT

Recipe by: Claire Sambolino
Photo by: Claire Sambolino

