




Product Spotlight: Chickpeas


As a legume, chickpeas are both a vegetable and protein, helping you hit two important food groups together!



Moroccan Braised Chickpeas with Lemon Rice

A warming chickpea and vegetable stew cooked with GH Produce's Ras El Hanout spice featuring native Australian ingredients, served on lemon and turmeric rice.

 20 minutes

 2 servings

 Plant-Based

28 April 2023

Jazz it up!

You can add some toasted flaked or slivered almonds to garnish this dish. Garnish with some fresh coriander or mint if desired.

Per serve: **PROTEIN** 20g **TOTAL FAT** 24g **CARBOHYDRATES** 82g

FROM YOUR BOX

LEMON	1
BASMATI RICE	150g
VEGETABLE STOCK PASTE	1 jar
BROWN ONION	1
BABY EGGPLANT	1
TOMATOES	2
RAS EL HANOUT SPICE	1 sachet
TINNED CHICKPEAS	400g
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

olive oil, salt, pepper, ground turmeric

KEY UTENSILS

large frypan with lid, saucepan with lid

NOTES

Add more oil to pan if needed.



1. COOK THE RICE

Slice 1/2 lemon. Place in a saucepan with rice, 1/2 jar stock paste, **1/4 tsp turmeric** and **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **2 tbsp olive oil**. Dice onion, eggplant and tomatoes. Add all to pan along with Ras el hanout spice mix. Cook for 5 minutes until softened (see notes).



3. BRAISE THE CHICKPEAS

Drain and add chickpeas along with remaining stock paste and **2 cups water**. Cover and simmer for 10 minutes.



4. ADD THE SPINACH

Stir in spinach until wilted. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Wedge remaining lemon. Serve with chickpeas on a bed of rice.



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