Main dishes / Belgium

Warm chickpeas with frozen peas and sweet potato · Belgium

Cooked pulses and two vegetables brought together with a Belgium-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 650 g drained cooked chickpeas
- ☐ 300 g sweet potato
- ☐ 20 g wholegrain mustard
- ☐ 10 g fresh parsley
- ☐ 30 ml neutral cooking oil
- ☐ 400 g frozen peas
- ☐ 200 ml low-salt vegetable stock
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste

Let's make it.

01 Rinse and drain the cooked pulses. Finely chop the onion and cut both vegetables small.

02 Soften the onion in the oil and add the firmer vegetable first. Cook for a few minutes.

03 Add the stock and remaining vegetable. Cover and simmer until all vegetables are tender.

04 Stir in the pulses and heat for five minutes, until the whole dish is piping hot.

05 Stir in the wholegrain mustard, dried thyme, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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