Main dishes / France

# chickpeas and green asparagus stew · France

A substantial France-inspired stew built around green asparagus and cooked pulses.

**Time** 40 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 600 g drained cooked chickpeas
- ☐ 400 ml low-salt vegetable stock
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 600 g green asparagus
- ☐ 20 g Dijon mustard
- ☐ 10 g fresh tarragon

## Let's make it.

01 Clean the green asparagus and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the green asparagus and cook for a few minutes.

03 Add the stock, cover and simmer for 15 minutes.

04 Rinse the cooked pulses and stir them into the stew. Heat for five minutes until piping hot.

05 Stir in the Dijon mustard, dried thyme, fresh tarragon and taste before serving.

**AI-developed, not kitchen-tested.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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