Main dishes / France

chickpeas and white cabbage stew · France

A substantial France-inspired stew built around white cabbage and cooked pulses.

Time 40 min **Servings** 4

What you'll need.

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

Let's make it.

01 Clean the white cabbage and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the white cabbage 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.

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