Main dishes / France

Warm chickpeas with broccoli and courgette · France

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

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 650 g drained cooked chickpeas
- ☐ 400 g broccoli
- ☐ 300 g courgette
- ☐ 200 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 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 Dijon mustard, dried thyme, fresh tarragon and taste before serving.

AI-developed, not kitchen-tested.

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