Main dishes / Ireland

chickpeas and kale stew · Ireland

A substantial Ireland-inspired stew built around kale 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
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 600 g kale
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the kale 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 wholegrain mustard, fresh parsley, apple cider vinegar 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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