Main dishes / Ireland

chickpeas and red cabbage stew · Ireland

A substantial Ireland-inspired stew built around red 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 red cabbage
- ☐ 400 ml low-salt vegetable stock
- ☐ 15 g wholegrain mustard
- ☐ 10 g fresh parsley
- ☐ 10 ml apple cider vinegar
- ☐ salt and pepper to taste

Let's make it.

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

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