Main dishes / Ireland

# Warm chickpeas with kale and beetroot · Ireland

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

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

## What you'll need.

- ☐ 150 g onion
- ☐ 650 g drained cooked chickpeas
- ☐ 300 g cooked beetroot
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar
- ☐ 30 ml neutral cooking oil
- ☐ 400 g kale
- ☐ 200 ml low-salt vegetable stock
- ☐ 10 g fresh parsley
- ☐ 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 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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