Main dishes / India

chickpeas and pumpkin skillet · India

A savoury India-inspired Studio variation with pumpkin, drained cooked chickpeas and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 600 g drained cooked chickpeas
- ☐ 500 g pumpkin
- ☐ 180 ml low-salt vegetable stock
- ☐ 3 g ground cumin
- ☐ 3 g ground coriander seeds
- ☐ 2 g ground turmeric
- ☐ salt and pepper to taste

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the pumpkin and cook for a few minutes.

03 Add the stock, cover and simmer for 15 minutes until the vegetables are tender.

04 Rinse and drain the drained cooked chickpeas, then heat until piping hot throughout.

05 Combine the cooked main ingredient with the vegetables. Stir in the ground cumin, ground coriander seeds, ground turmeric and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

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