Main dishes / Japan

chickpeas and pumpkin stew · Japan

A substantial Japan-inspired stew built around pumpkin 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 finely grated fresh ginger
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 600 g pumpkin
- ☐ 25 g white miso paste
- ☐ 10 g sesame seeds

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.

04 Rinse the cooked pulses and stir them into the stew. Heat for five minutes until piping hot.

05 Stir in the white miso paste, finely grated fresh ginger, sesame seeds and taste before serving.

AI-developed, not kitchen-tested.

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