Main dishes / Japan

Warm chickpeas with courgette and pak choi · Japan

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

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 650 g drained cooked chickpeas
- ☐ 300 g pak choi
- ☐ 25 g white miso paste
- ☐ 10 g sesame seeds
- ☐ 30 ml neutral cooking oil
- ☐ 400 g courgette
- ☐ 200 ml low-salt vegetable stock
- ☐ 10 g finely grated fresh ginger
- ☐ 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 white miso paste, finely grated fresh ginger, sesame seeds and taste before serving.

AI-developed, not kitchen-tested.

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