Main dishes / Netherlands

chickpeas and frozen peas stew · Netherlands

A substantial Netherlands-inspired stew built around frozen peas 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 frozen peas
- [ ] 400 ml low-salt vegetable stock
- [ ] 15 g mild mustard
- [ ] 1 g ground nutmeg
- [ ] 10 g chives
- [ ] salt and pepper to taste

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the frozen peas 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 mild mustard, ground nutmeg, chives 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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