Main dishes / United States

chickpeas and courgette skillet · United States

A savoury United States-inspired Studio variation with courgette, 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 courgette
- ☐ 180 ml low-salt vegetable stock
- ☐ 3 g smoked paprika
- ☐ 2 g ground cumin
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

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

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

03 Add the stock, cover and simmer for 7 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 smoked paprika, ground cumin, fresh parsley and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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