Main dishes / United States

long-grain rice with chickpeas and frozen peas · United States

A complete grain dish with drained cooked chickpeas, frozen peas and a United States-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g long-grain rice
- ☐ 500 g frozen peas
- ☐ 2 g ground cumin
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked chickpeas
- ☐ 3 g smoked paprika
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the long-grain rice in plenty of water according to its packet, then drain well.

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

03 Heat the oil and soften the onion for five minutes. Add the frozen peas and cook for a few minutes. Add a splash of water, cover and cook for 5 minutes.

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

05 Combine the cooked grain, vegetables and main ingredient. Stir in the smoked paprika, ground cumin, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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