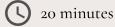


Chickpea & Chard Stew



2 servings



INGREDIENTS

1 tin cooked chickpeas
Handful of chard
1 tin chopped tomatoes
1 lemon
2 tablespoons of oil
Salt and pepper

DIRECTIONS

- 1. Chop chard stalks and sweat in oil
- 2. Add tomato and cook for 5 minutes.
- 3. Add chick peas, add chopped chard cook for two minutes
- 4. Add lemon zest and juice
- 5. Season

NOTES

- You can add extra root veg into the base of this dish, or carrots, celery, garlic
- You can swap the chard for any leafy greens like spinach, rocket, kales etc.
- You can swap the chick peas for other canned cooked beans