



Chickpea & Chard Stew



2 servings



20 minutes

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