



Ingredients –

- 1 vegetable stock cube
- 2 tbsp. sunflower oil
- 1 white onion sliced
- 2 garlic cloves, crushed
- ½ tsp ground coriander (optional)
- ½ tsp cumin (optional)
- pinch chilli flakes (optional)
- 500g carrots, chopped
- 1 x 400g tin drained chickpeas
- 1 x 400g tin chopped tomatoes
- Juice of 1 lime
- 250g long grained rice



Carrot and Chickpea Stew

Method

Dissolve stock cube in 300ml of boiling water

Heat the oil in a large pan and fry the onions for 5 minutes until the onion is softened but not brown

Add the garlic and, if using, the coriander and cumin and cook for 1 minute

Add the carrots, chopped tomatoes, chickpeas and chilli flakes (if using)

Add the stock, cover and simmer for 20 minutes until the carrots are tender.

Cook the rice as per packet instructions, drain and serve with the stew