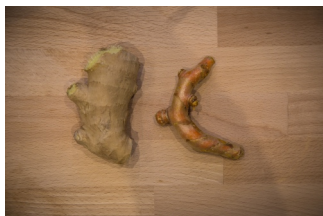


Chickpea Stir Fry

Servings: 2

Time: 15 mins



Ingredients

1/2 Pack of chickpeas
1 x Courgette
100g Kale
150g Rice
Fresh Turmeric & Ginger
Salt, Pepper, Olive Oil

How to Cook

Add 2 parts water to 1 part rice into a saucepan and bring to the boil.

While the rice cooks, chop up the courgette and rinse the chickpeas in water.

Add the kale, courgette, chickpeas and grate the ginger and turmeric into a large wok.

When the rice is cooked, add that into the wok and cook everything together on a high heat for 3-4 minutes.

Top Tip: Put a small amount of coconut oil into the wok to help prevent sticking

Note: Avoid processed sauces like ketchup

How to Serve

Eat as is or add olive oil, salt, pepper or herbs and spices for flavour.

Refrigerate the remainder in a container for 2-3 more meals.