

Chickpea & pumpkin stew

Serves: 8

Prep time: 15 mins

Cook time: 40 mins



Ingredients

- 1 tbsp olive oil
- 1 large onion, roughly chopped
- ½ bunch fresh coriander
- 2 garlic cloves, finely chopped
- 1 tbs sweet paprika
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 2 tbsp no-added-salt tomato paste
- 6 cups reduced-salt vegetable stock liquid
- 2 400g tins chickpeas, rinsed and drained
- 800g butternut pumpkin, peeled and cut into 3cm pieces
- 1 cup dried red split lentils
- Black pepper
- ⅔ cup reduced-fat natural yoghurt

Methods

Step 1: Heat the oil in a large stock pot over medium heat. Cook the onions for 5 minutes, stirring, until starting to soften.

Step 2: Finely chop the coriander, keeping the stems and leaves separate. Add the coriander stems, garlic, spices and tomato paste and cook, stirring, for 2 minutes or until fragrant.

Step 3: Add the stock and bring to a boil. Reduce the heat to medium-high and add the chickpeas and pumpkin. Simmer, partially covered, for 20 minutes.

Step 4: Add the lentils and cook for a further 15-20 minutes or lentils are tender. If the sauce is too thick, add a splash of water.

Step 5: Stir through two-thirds of the coriander leaves and season with pepper. Divide among bowls. Put a dollop of yoghurt in each bowl and swirl through the stew. Sprinkle with the remaining coriander.

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