

Chickpea Scramble

Serves 2

2 cups (330g) canned chickpeas, drained
½ tsp. turmeric
½ tsp. paprika
2 tsp. olive oil
1 small onion, finely diced
2 cloves garlic, minced
8 oz. (230g) spinach
½ avocado

What you need to do

1. Mash the chickpeas with a fork, leaving some whole. Mix in the turmeric and paprika, and season with salt and pepper.
2. Heat the oil in a pan over medium-high heat and sauté the onion and garlic for 2-3 minutes, until fragrant.
3. Next, add in the mashed chickpeas and cook for another 5 minutes, then transfer to a bowl, cover with tin foil and set aside. Using the same pan wilt the spinach, adding a tablespoon of water.
4. Once ready, divide the spinach between 2 bowls, top with the chickpeas and serve with ¼ avocado.



GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	417	15	56	19

*Nutrition per serving

