

Recipe

CHICKPEA & SPINACH STEW

WITH WHITE FISH

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Recipe: **BEA LUBAS**

INGREDIENTS

- 4 shallots, chopped
- 3 tsp sweet Spanish paprika
- 3 tsp oregano
- a pinch or two of crushed chillies
- 3 tins of chopped tomatoes (400g each tin)
- 400g cooked chickpeas
- 200ml vegetable stock or water
- sea salt to taste
- black pepper to taste
- 2 generous handfuls of spinach
- 600g white fish (like cod), cut into smaller pieces
- couple tablespoons of grated Spanish cheese for serving (optional)



TIME

30 Minutes



SERVING

Makes 4



CATEGORY

Main Course



ISSUE

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- STEP 1** Heat the oil in a large frying pan, add the shallots and fry until soft, stirring occasionally.
- STEP 2** Add paprika along with oregano and crushed chillies and cook for another minute then add the stock (or water) and chopped tomatoes.
- STEP 3** Bring to a simmer and cook for 10 minutes, then add the chickpeas and cook for another 10 minutes. Taste if it needs more seasoning, then add two handfuls of spinach leaves to the pan, mix them in and let cook for 1-2 minutes, then arrange pieces of cod on top of the stew, and season them with sea salt and black pepper.
- STEP 4** Cover and let it cook for around 10- 15 minutes (depending how thick the fish pieces are).
- STEP 5** Check with a fork if the fish is ready, then turn the heat off. Sprinkle with grated Spanish cheese just before serving.