

(example recipe)

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Short quote from student about why they love this recipe. Rum atis et verit ligenimet re consedi temosae nis seque vere voluptent volor aruptatqui offic test, ut harit, volum captature dolorepudam est, ut liant la delligniment aut acereperenis maion et modigent quam que ipicidlo ipsum eiciis aut excest et in cupta dolup taturem hictat quatiant optisciur, sim sequam, nos a non cus aut.

Student/staff name and course details (if relevant)

Uses chickpeas from the Nourishment Nook!



Spicy chickpea stew

Ingredients

1 tbsp oil
2 onions, roughly chopped
2 capsicums, cubed
2 tsp hot chilli powder
1 tbsp ground coriander
1 tsp ground cumin
2 x vegetable stock cubes
2 x 400g cans tinned tomatoes
2 x 400g cans chickpeas
squeeze lemon juice
1/2 chopped cauliflower
handful chopped parsley

Directions

1. Heat the oil and fry the onions for 10 mins, stirring often until golden. Stir in the peppers and cook for 5 mins more.
2. Add spices, fry briefly, then add tomatoes and chickpeas along with the liquid from the cans.
3. Stir in the stock and cauliflower. Cover and simmer over a low heat for 15-20 mins until the cauliflower is tender.
4. Stir in half the parsley and add the lemon juice.
5. Serve with more parsley on top.

Prep

15 min

Cook

30 min

Ready In

45 min

Serves

4

“ Xxx

Quote about why you love this recipe (maximum 70 words).

Name

Uses ingredients from the Nourishment Nook!

Photo of yourself cooking, or with your completed dish. (If you don't want to include your face, take a nice close up of the finished recipe.)

Recipe Title

(Maximum 5 words).

Ingredients

Include quantities/measurements. Maximum 50 words.

Directions

- 1.
- 2.
- 3.
- 4.
- 5.

Use numbered steps. Maximum 100 words

Prep

XX min

Cook

XX min

Ready In

XX min

Serves

X

Estimated preparation time, cooking time and how many people it serves.