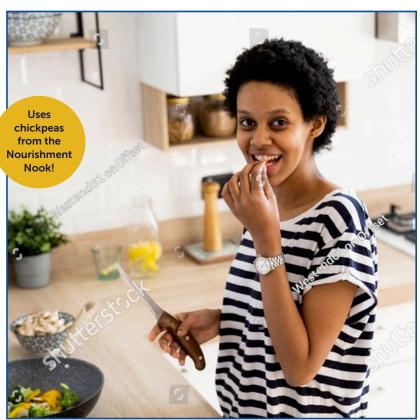
(example recipe)

66 Short quote from student about why they love this recipe. Rum atis et verit ligenimet re consedi temosae nis seque vere volupient volor aruptatqui offic test, ut harit, volum cuptature dolorepudam est, ut liant la delligniment aut acereperenis maion et modigent quam que ipicidio 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)



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.

Ready In Prep Cook Serves 15 min 30 min 45 min 4



Recipe Title (Maximum 5 words).

Ingredients	Direct	ions	
	1.		
	2.		
Include quantities/	3.		
measurements.	4.		
Maximum 50 words.	5.		
	Use numb	ered steps. Maximum 100) words
	Use numb	ered steps. Maximum 100) words
Prep	Use numb	ered steps. Maximum 100 Ready In) words Serves

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