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## Chickpea & Haloumi Saganaki

Saganaki comes from the name of the small frying pan used to prepare the recipe in. There are a huge variety of Greek dishes that use the saganaki pan. Filled with nutty chickpeas and paired with buttery parsley couscous, every mouthful of this saganaki is a moment in heaven. We've also used haloumi in our version... Need we say more?



Prep: 10 mins Cook: 25 mins Total: 35 mins



level 1



spicy



veggie

## **Pantry Items**









Water



Butter



Garlic



Red Onion



Red Capsicum



Birdseye Chilli



**Diced Tomatoes** 









Chickpeas Cous

Couscous

Parsley

Haloumi

2P	4P	Ingredients	
1 tbs	2 tbs	olive oil *	
1/2	1	red onion, finely chopped	<del>                                      </del>
1	2	red capsicum, diced	
1	2	birdseye chilli, deseeded & finely chopped	
1 clove	2 cloves	garlic, peeled & crushed	
1 tin	2 tins	diced tomatoes	
2 tbs	4 tbs	white wine (optional) *	
1 tin	2 tins	chickpeas, drained & rinsed	
½ block	1 block	haloumi, sliced	
½ cup	1 cup	couscous	
½ cup	1 cup	boiling water *	
1 tsp	2 tsp	butter, melted *	
⅓ bunch	⅔ bunch	parsley, finely chopped	1

May feature in another recipe

\* Pantry Items

## **Nutrition per serving**

Energy	2550	Kj
Protein	26.2	g
Fat, total	22.1	g
-saturated	9.4	g
Carbohydrate	70	g
-sugars	11	g
Sodium	556	mg

## Measuretool

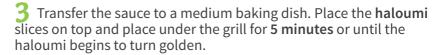
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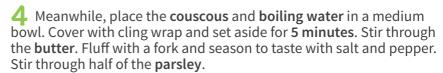


**You will need:** chef's knife, chopping board, sieve, medium saucepan, small baking dish, medium bowl, cling wrap, and a fork.

- 1 Preheat the grill to a medium-high heat.
- 2 Heat the olive oil in a medium saucepan over a medium-high heat. Add the red onion and red capsicum and cook for 3 minutes or until soft. Add the birdseye chilli and the garlic and cook for a further 2 minutes. Add the diced tomatoes, white wine and some salt and pepper. Bring to the boil and then reduce to a simmer. Add the chickpeas and simmer gently for 8-10 minutes or until the sauce thickens slightly.

Tip: If you like extra heat throw in the chilli seeds.





**5** Garnish the chickpea saganaki with the remaining parsley and serve with the couscous.







Did you know? The word "saganaki" actually means "little frying pan."