

Spanish Chickpea Rice & Crumbled Fetta

You can thank the Spanish (no, not the Italians) for bringing tomatoes from Mexico to Europe and for so many of our favourite dishes. This flavoursome rice with tasty chickpeas and fetta is a fitting celebration of our favourite fruit masquerading as a vegetable!



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



level 1



high fibre











Basmati Rice



Brown Onior



Red Capsicum



7ucchini



Garlic



Smoked Paprika



Diced Tomatoes



Chickpeas



Baby Spinach



Fetta Cheese



Coriander

2P	4P	Ingredients	
1 packet	2 packets	Basmati rice, rinsed well	
3 cups	6 cups	water *	
2 tbs	4 tbs	olive oil *	
1	2	brown onion, finely chopped	
1	2	red capsicum, diced into 2 cm cubes	
1	2	zucchini, diced into 2 cm cubes	
1 clove	2 cloves	garlic, peeled & crushed	
⅓ sachet	1 sachet	smoked paprika (recommended amount)	
1 tin	2 tins	diced tomatoes	
1 tin	2 tins	chickpeas, drained & rinsed	
½ bag	1 bag	baby spinach leaves, washed	
1 block	2 blocks	fetta cheese, crumbled	
½ bunch	1 bunch	coriander, roughly chopped	#

Ingredient features in another recipe

Pantry Items

Pre-preparation

Nutrition per serve

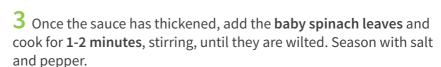
Energy	2900	Kj
Protein	26.1	g
Fat, total	17.1	g
-saturated	5.2	g
Carbohydrate	98.5	g
-sugars	15.9	g
Sodium	371	mg



2b

You will need: chef's knife, chopping board, sieve, medium saucepan, large frying pan and wooden spoon.

- Place the **Basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes**, or until the rice is soft. Drain.
- 2 Meanwhile, heat the olive oil in a large frying pan over a mediumhigh heat. Add the brown onion, red capsicum and zucchini, and cook, stirring, for 5 minutes, or until soft. Add the garlic and smoked paprika, and cook for 1 minute, or until fragrant. Add the diced tomatoes and chickpeas, and stir until combined. Reduce the heat to a medium-low and simmer for 5-10 minutes. Season to taste with salt and pepper.





4 To serve, divide the Spanish chickpeas and rice between plates. Crumble over the **fetta cheese** and sprinkle with fresh **coriander**. Enjoy!

