



## Mediterranean chickpea and spinach stew

2 tablespoons olive oil  
1 medium yellow onion (finely chopped)  
4 garlic cloves (minced)  
1 can chopped tomatoes  
400 ml chicken or vegetable stock  
400 gm spinach (cooked and chopped)  
2 cans chickpeas, drained and rinsed  
A large handful of chopped fresh parsley  
1 teaspoon allspice  
1 teaspoon coriander  
1 teaspoon paprika  
1/2 teaspoon red pepper flakes or a small red pepper finely chopped  
Salt and black pepper  
60-100 gm broken vermicelli/rice noodles  
Juice of half a lemon

### Method

- In a large pot, heat 1 tablespoon of olive oil over medium heat until shimmering. Add the onions and garlic and cook, tossing regularly, for 3 to 5 minutes or until softened.
- Add the tomatoes, spinach, chickpeas, and chicken broth. Add the parsley and season with a good dash of salt and black pepper. Stir in the spices.
- Bring to a boil of medium-high, then turn the heat down to low and cover partway, leaving part of the top open. Allow the spinach to simmer for 25 minutes over low heat, stirring occasionally.
- While the spinach stew is simmering, toast the broken noodles. In a small pan, heat about 1 tablespoon olive oil over medium-high. Add the noodles and continuously stir to toast it evenly, watching carefully to avoid it burning. Remove from heat.
- Stir the toasted noodles in the spinach stew and cook for another few minutes or until the vermicelli noodles are cooked to tender.
- Remove from the heat and finish with lemon juice and a good drizzle of extra virgin olive oil.