

Chickpeas

Chickpeas are affordable, versatile, and highly nutritious. Chickpeas, also known as garbanzo beans, have been grown and eaten in Middle Eastern countries for thousands of years. As a rich source of vitamins, minerals, and fibre, chickpeas may offer a variety of health benefits, they also have a low GI. Some studies have suggested that the quality of the protein in chickpeas is better than that of other types of legumes.

Chickpea Coconut Curry

Recipe courtesy of Genna Verriest, Accredited Practising Dietitian (APD)

Recipe taken from Dietitians Australia website <https://dietitiansaustralia.org.au/recipes>

Accredited Practising Dietitians are nutrition professionals with the qualifications and skills to provide expert personalised nutrition and dietary advice.



Ingredients:

- 1 tbsp curry powder
- 2 tsp minced garlic
- 1 onion, chopped
- 1 red capsicum, chopped
- 250g pumpkin, chopped
- 250g sweet potato, chopped
- 200g can chickpeas, rinsed and drained
- 1 x 375ml can light coconut milk (if you would like a lower saturated fat option, replace with reduced fat evaporated milk with 1 tsp of coconut essence, you will need to avoid boiling)

Method:

1. Heat a large non-stick frypan. Add the curry powder, garlic, onion and capsicum and cook over medium heat for 2 minutes.
2. Add pumpkin, sweet potato, drained chickpeas and coconut milk to the pan. Bring to the boil and simmer until vegetables are tender (20 minutes), stirring occasionally.
3. Divide into 4 serves. Best served with rice and some fresh green beans or peas on the side.

Nutrition

Energy	995kJ (238 calories)
Protein	8.5g
Saturated Fat	6g
Total Fat	9g
Carbohydrates	26.5g
Sugars	13g
Dietary Fibre	8.6g
Sodium	152mg

Nutritional information is provided per serve