

Chickpea Scramble

Serves 2

2 cups (330g) canned chickpeas, drained
½ tsp. turmeric
½ tsp. paprika
2 tsp. olive oil
1 small onion, finely diced
2 cloves garlic, minced
8 oz. (230g) spinach
½ avocado

What you need to do

1. Mash the chickpeas with a fork, leaving some whole. Mix in the turmeric and paprika, and season with salt and pepper.
2. Heat the oil in a pan over medium-high heat and sauté the onion and garlic for 2-3 minutes, until fragrant.
3. Next, add in the mashed chickpeas and cook for another 5 minutes, then transfer to a bowl, cover with tin foil and set aside. Using the same pan wilt the spinach, adding a tablespoon of water.
4. Once ready, divide the spinach between 2 bowls, top with the chickpeas and serve with ¼ avocado.



| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 10 mins | 417 | 15 | 56 | 19 |

*Nutrition per serving

