

Lisa Peterson - Nutrition Compass

Mediterranean Chickpea Casserole

with Spinach & Fetta



Ingredients

- 2 medium onions, diced
- 3 cloves garlic, minced
- 2 x 400g tinned diced tomatoes, salt reduced
- 1 cup vegetable stock, salt reduced
- 2 bay leaves
- 1 tsp dried oregano
- ¼ tsp cloves, grounded
- ¼ tsp allspice
- ¼ tsp cayenne
- 2 x 400g tinned chickpeas, no added salt
- 3 cups baby spinach
- 3 tbs Extra Virgin Olive Oil 1 lemon, juiced
- Pepper, freshly ground
- 100g feta cheese
- Parsley, as garnish

Method

1. Preheat the oven to 220°C.
2. Heat 2 tablespoons of oil in a large pan over medium-high heat. Saute onion for 5 minutes until onions are soft and translucent.
3. Reduce heat to medium, add garlic and cook for another 2 minutes. Pour in tomatoes, vegetable stock, bay leaves, oregano, cloves, allspice and cayenne. Stir to mix. Cover with a lid. Bring to a boil and cook for 20 minutes.
4. Remove lid from pot and stir the mixture. Add the chickpeas and cook (uncovered) for about 10-15 minutes until liquid has reduced by one third. Add the spinach and stir until it just begins to wilt.
5. Finish seasoning the chickpea mixture by adding 1 tablespoon of olive oil and lemon juice. Add pepper to taste. Remove the bay leaves.
6. Crumble the feta on top of the chickpeas. Place in the oven for approximately 5 minutes until the sauce is slightly bubbling and the feta is golden brown. Garnish with freshly chopped parsley.