



Braised Coconut & Chickpeas with Lemon

This recipe is filled with plenty of sustenance from the sweet potato and chickpeas, so it definitely won't leave you feeling hungry! You will notice that it is a vegetarian dish, which if you are a regular meat eater, is a fantastic alternative to have once a week.

Be aware that this recipe is more ideally suited to those who are maintaining their weight.

A powerhouse of goodness in one pot – give it a whirl!

Ingredients

Serves 4

- 2 tsp olive oil
- 1 small onion, finely sliced
- 4 cloves of garlic, peeled and minced
- 1tbsp fresh ginger, grated
- ½ cup sun-dried tomatoes, chopped
- 1 large lemon, zested and juiced
- a dash of dried red pepper flakes (optional)
- 1 can chickpeas (400g), drained and rinsed
- 450g baby spinach
- 1 can coconut milk (400ml)
- 1tsp ground ginger
- 4 whole roasted sweet potatoes
- coriander leaves, to garnish
- toasted unsweetened coconut, to garnish



Method

1. Preheat the oven to 190C/170C fan. Scrub the sweet potatoes and pat dry with a tea towel
2. Prepare squares of foil, one for each sweet potato. Place each potato on a foil square and drizzle with a little olive oil. Rub the oil in a thin layer all over the potato so evenly coated
3. Prick each potato several times with a fork and wrap loosely in the foil, ensuring that they are well sealed. Place them on a baking sheet and pop them in the oven. They should take roughly 30 minutes to cook, depending on their size
4. Heat the oil in a large saucepan or cast iron heavy based pot over a medium-high heat, add the onion and cook for around 5 minutes or until softened
5. Add garlic, ginger, sun-dried tomatoes, lemon zest and red pepper flakes (if using). Heat through for roughly 3 minutes, frequently stirring
6. Add the chickpeas and cook over a high heat for a few minutes – the chickpeas will turn golden
7. Add the spinach by a handful at a time, letting each handful wilt to make space for the next
8. Add the coconut milk, ground ginger & lemon juice and bring to the simmer
9. Turn down the heat slightly and cook through for 10 minutes
10. Serve with a roasted sweet potato and top with coriander and unsweetened coconut

