



Chickpea and vegetable stew with fried calamari

40'
Hands on

50'
Cook Time

8
Portion(s)

1
Difficulty



Method

- In a large **bowl**, add the chickpeas and enough cold water to cover them. Add a pinch of salt. Cover with plastic wrap and allow them to soak overnight. Do not refrigerate.
- The following day, rinse them under running water. Strain and place in a **pot** full of water. Boil for ½ an hour over medium to high heat. Do not add any salt.
- Heat a pot over high heat. When it gets very hot, add 3 tablespoons of olive oil. Sauté the sliced onion. Lower heat to medium and stir with a wooden spoon until they turn golden.
- Finely chop the leek and the garlic, chop the carrot into cubes and add them to the pot. Stir.
- Add the sugar, salt and pepper. Finely chop the thyme leaves and add them to the pot. Stir again.
- Add the chickpeas and the can of chopped tomatoes. Stir to combine.
- Add enough hot water to cover all of the ingredients. Add the bouillon cube. Lower the heat to medium-low and simmer for 20 minutes.

For the calamari

- If you are using frozen calamari, strain them on a towel so they don't have any moisture.
- Place a **deep pan** along with the sunflower oil over high heat.
- In a bowl, add the flour, salt, pepper, and mix with a spoon.
- Take one calamari round at a time and dip it into the flour. Tap to remove excess flour.
- Put them into the hot oil in batches, and fry for 1 minute. Remove by using a slotted spoon and set aside.

To serve

- Chop the fried calamari into small pieces and add them to the pot with the chickpeas. Stir to combine.
- Serve with finely chopped thyme.

Ingredients

- 300 g chickpeas
- salt
- 1 onion
- 3 tablespoon(s) olive oil
- 1 leek
- 1 clove(s) of garlic
- 1 carrot
- 1/2 teaspoon(s) granulated sugar
- pepper
- thyme leaves
- 400 g canned tomatoes
- 1 vegetable bouillon cube

For the calamari

- seed oil, for frying
- all-purpose flour, for coating
- salt
- pepper
- 700 g calamari, into rounds

To serve

- thyme leaves, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|-----------------------------|----------------------------|
| 323 Calories (kcal) | 11.0 Total Fat (g) | 2.1 Saturated Fat (g) | 31.0 Total Carbs (g) |
| 16% | 16% | 11% | 12% |
| 5.2 Sugars (g) | 22.0 Protein (g) | 5.7 Fibre (g) | 0.83 Sodium (g) |
| 6% | 44% | 23% | 14% |