



Chickpea and vegetable stew with fried calamari

**1 hour 10
minutes**
Hands on

8
Portion(s)

1
Difficulty



Ingredients

- 300 g chickpeas, soaked in water overnight
- 3 tablespoon(s) olive oil
- 1 onion
- 1 leek
- 1 carrot, cut into small cubes
- 1 clove of garlic
- 1./2 teaspoon(s) granulated sugar
- salt
- pepper
- thyme, fresh (only the leaves)
- 400 g canned tomatoes
- 1 vegetable bouillon cube

For the calamari

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

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.
- You want them to soften but not cook completely since they will be cooked further.
- Heat a tall 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 add it to the pot. Chop the carrot into 3x3 cm cubes and add it to the pot. Stir. Mince the garlic and add it. Add the sugar, salt and pepper. Finely chop the thyme (only the 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. If you want a juicier sauce, add another 1-2 cups of hot water.
- I'm adding enough to just cover the ingredients because I want a thick sauce. Add the bouillon cube. Lower the heat to medium-low and simmer for 20 minutes.
- If you are using frozen calamari, strain them on a towel so they don't have any moisture. To prepare the calamari, generously season the flour with salt and pepper. Dredge the calamari in the flour and tap to remove excess flour. Fry in a generous amount of hot oil.
- Serve the dish in a large platter. Place the chickpea mixture on the bottom and add the calamari over the top.

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%