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by ewfood

Chickpea luncheon



Ingredients

Quinoa:
1fl oz. extra-virgin olive oil $
1 garlic clove, minced
8fl oz. water
8fl oz. vegetable broth
4 oz. uncooked quinoa, rinsed
A few sprigs fresh thyme, chopped
Salt to taste
Chickpea mixture:
1fl oz. extra virgin olive oil $
1 leek, thinly sliced
4 garlic cloves, sliced
1 fennel bulb, thinly sliced
4 carrots, thickly sliced
½ tsp. fennel seeds
4fl oz. white wine $
8fl oz. vegetable broth
2tsp. fresh thyme, chopped
1 can chickpeas, rinsed and drained
½ lemon's juice
Salt and black pepper to taste
5oz. baby spinach
Fresh thyme, to garnish

Preparation

1. Quinoa: Heat the olive oil over a medium high heat and sauté the garlic for a minute, then add the remaining ingredients and bring them to a boil, reduce the heat and simmer for fifteen minutes or until the liquid is absorbed and the quinoa is tender.
2. Chickpeas: Heat the oil in a thick bottomed pan. Sauté
3. the leek and garlic until the leek is tender. Add the carrtot, fennel bulb and seeds and sauté
4. until the vegetables are golden. Add the wine and sauté and stir until the liquid is reduced.
5. Stir in the broth, thyme and chickpeas and cook for a couple of minutes. Remove from the heat and stir in the remaining ingredients.
6. Place the quinoa in bowls and top it off with the chickpeas. Garnish the lot with fresh thyme and enjoy.
7. Place about 2/3 cup quinoa in each of 4 bowls

8 top each serving with about 1 1/2 cups chickpea mixture. Sprinkle each serving with 1/2 teaspoon thyme.

Cooks Note