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Posted on 7 January 2013  
*by ewfood*

## Chickpea luncheon



## Ingredients

<em>Quinoa:</em>

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

<em>Chickpea mixture:</em>

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 carrot, 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

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