

# Spanish Potato & Chickpea Stew

This dish was literally a throw together meal one evening. I had seen a few recipes for this Spanish staple and had a spare tin of chickpeas lurking in the cupboard, so I made this, and boy was I glad I did.

## Ingredients.

2 medium potatoes or 5 new potatoes, chopped.  
One red and one white onion, chopped.  
Half a bell pepper, any colour.  
Can of chickpeas.  
5 cherry tomatoes or one big.  
1 tsp smoked paprika.  
3 to 5 garlic cloves & 1 chilli  
150ml water  
1 tsp tahini, squeeze of lemon juice.

A spicy and diverse dish.

## Serves 2.

**Method.** Chop potatoes skin on, very small and steam fried. Add one small white, one small red onion and half a pepper (we used orange) finely chopped, add to the pan. Steam fry another couple of minutes. Add a drained tin of chickpeas. In a blender or bullet, five cherry toms, three garlic cloves, one chilli, squeeze of tomato puree, 100 ml water and a heaped tsp of smoked paprika. Blitz and add to the pan. Add more water as desired, salt & pepper, 1 tsp tahini and a squeeze of fresh lemon juice. [RECIPE VLOG](#)



Dried chickpeas cooked at home have such a different flavour from canned.

From one cup of chickpeas cooked in the instant pot we have managed to make hummus, falafel and a tuno style spread. (fake tuna style)

All of these were made without oil and during a LIVE video on our YouTube channel.

Here is a link to that video should you wish to recreate any of these fine foods.

[RECIPE VLOG](#)