



Spanish chickpea & spinach stew

Spain | Easy | 25 minutes | 4 servings | *Main Dish*

My Spanish chickpeas & spinach stew is a perfect and satisfying meal, original from Andalusia (Spain). A very rich and nourishing dish that is perfect for lunch or dinner. And what is best, it comes together in less than 30 minutes!



Tools and equipment

~ Mortar and pestle

~ Large saucepan

Directions

- 1 Have all the vegetables well washed and prepared as indicated in the ingredients description. Rinse the chickpeas well and drain.
- 2 Heat the olive oil in a large saucepan. Add the carrots and a pinch of salt and cook over a low heat, stirring frequently, for about 3 minutes. Add then the onion and continue stirring for 2 more minutes. Add the chickpeas and cover them with water.
- 3 In the meantime, in a mortar and pestle, mix the peeled and crushed garlic clove, the salt, the boiled egg yolk, the pine nuts, the Spanish paprika and a couple of tablespoons of chickpeas until you get a paste. This paste will be a perfect thickener for the stew.
- 4 Add this paste to the chickpeas and cook it all together at low-medium heat for around 10 minutes. Add then the spinach and cook for 3 more minutes.
- 5 Remove from the heat and serve hot.

Notes: If you are using dried chickpeas, to cook them: soak the dried chickpeas in warm water for 12 hours with ½ teaspoon of baking soda (ideally leave them soaking overnight). Rinse them well and drain. Bring water to a boil in a cooking pot and when the water is boiling add the chickpeas and leave them cooking over low heat for 2 hours until tender.

You could also add a slice of fried bread to the mix in the mortar and pestle it with the rest of ingredients indicated in step 3.

It is very common to cut the boiled egg white in small dices and add it right before serving.

Ingredients

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|-----------------------------------------|---------|------------------------------------------|---------------|
| Organic chickpeas in water (2 ½ cup) | 500 g | Pimentón de la Vera (Spanish paprika) | 1 teaspoon |
| Fresh spinach leaves (2 ¼ cups) | 500 g | extra virgin olive oil | 2 tablespoons |
| Onion (peeled and finely chopped) | 1 unit | salt (or salt to taste) | 1 tablespoon |
| Carrots (peeled and diced) | 2 units | pine nuts | 1 tablespoon |
| Boiled egg | 1 unit | Garlic clove (peeled and crushed) | 1 unit |