Tuscan Chickpea Stew with Jacket Potato

Cook	15 mins
Prep	15 mins
Makes	4 servings

This Tuscan Chickpea Stew brings together fresh, wholesome ingredients to create a dish bursting with flavour. It's perfect served with a jacket potato, to offer a tasty lunch with little prep!

INGREDIENTS

- 4 large potatoes
- 1 onion (100g)
- 2 carrots (180g)
- 1 red pepper (290g chopped weight)
- 2 tbsp olive oil
- 500g Dolmio Smooth Tomato Bolognese Sauce
- 400g tin chickpeas, drained and rinsed (240g drained weight)
- Juice 1 lemon
- 2 cloves garlic
- 100g chopped kale
- 2 tsp dried mixed Italian herbs

Instructions

1. Preheat the oven to 220C/gas 7. Scrub the potatoes and pierce with a skewer or thin sharp knife then bake on a baking sheet for 25 mins. Turn the oven down to 190C/gas 5 and bake for a further 1 hour - 1 hour 15 minutes. (You can wrap the pierced potatoes in kitchen paper and microwave on ‘high’ for 8 - 10 mins for a faster option, or use frozen jacket potatoes and follow the cooking instructions on the packet).
2. Whilst the potatoes are baking, peel and chop the onion, carrots and red pepper. Take a saucepan with a lid, add the oil and fry the vegetables over a medium heat for 5 minutes, stirring occasionally.
3. Add the Dolmio Classic Bolognese Sauce, chickpeas, lemon juice, garlic, kale and

dried mixed herbs, cover with the lid and simmer over a low heat for a further 10 minutes.

4. Serve over the jacket potatoes.

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Lunchtime Pasta Salad

Cooking time

15 mins

Prep time

20 mins

Slow Cooked Sweet Potato Lasagne

Cooking time

2 hrs 30 mins

Prep time

25 mins



Turkey Meatballs and Mash

Cooking time

30 mins

Prep time

15 mins

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