SPANISH · DINNER · LUNCH

Chickpea and Broccoli Skillet

Garbanzos con brócoli

30 min · Serves 4 · 318 kcal a serve · Video 5:37 · Spain on a Fork

Vegan · Gluten-free ingredients · No nuts listed

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About 13 g fibre and 14 g protein a serve, rich in vitamin C, vitamin K and folate and a good source of iron: rinsed chickpeas and broccoli steamed with cherry tomatoes, smoked paprika and cumin in one pan. For DASH, keep added salt to a pinch a serve; the broth brings some too.

Diet notes: Low saturated fat (1.3 g, 4% of the energy); DASH-friendly with less salt: up to a pinch a serve.

Ingredients

10 · SERVES 4

- [ ] 2 cans (430 g each) or 1 jar (570 g) **chickpeas**, drained and rinsed
- [ ] 270 g **frozen broccoli florets**
- [ ] 3 **garlic** cloves, minced
- [ ] ½ **onion**, finely diced
- [ ] 2 tbsp extra **virgin olive oil**
- [ ] 1 tsp **ground cumin**
- [ ] ½ tbsp **sweet smoked Spanish paprika**
- [ ] a generous 120 ml **vegetable broth**
- [ ] 12 **cherry tomatoes**
- [ ] **Salt**: a pinch of sea salt and black pepper, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Tip the chickpeas into a sieve, rinse them under cold running water, shake off the water and set aside. 0:48
2. Measure out the frozen broccoli, mince the garlic and finely dice the onion. 1:12
3. Heat the olive oil in a large non-stick frying pan over medium heat for about 2 minutes, then add the onion and garlic and stir constantly about 3 minutes, until the onion is translucent. 1:47
4. Stir in the cumin and paprika quickly so the paprika doesn't turn bitter, then add the broccoli and broth, season with salt and pepper and mix. 2:19
5. Scatter the cherry tomatoes over the top, cover and steam 5 minutes. 2:53
6. Uncover, add the chickpeas, season lightly again and simmer 4–5 minutes, until the broth has reduced by about half but a little is left in the pan. 3:26

> **Tip** Frozen broccoli is pre-cut and works perfectly here; no need to thaw it.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
318 kcal	14 g	45 g	13 g	11 g	760 mg
1,330 kJ	29% of a day	32 g net · 9.6 g sugars	46% of a day	1.3 g saturated	33% of a day
		16% of a day		14% of a day	

Energy from net carbs 45% · protein 20% · fat 35%

High in (20%+ of a day) Vitamin C 79% · Vitamin K 69% · Folate 68% · Iron 28% · Vitamin B6 24% · Zinc 22% · Magnesium 21%

Source of (10–19%) Potassium 17% · Vitamin E 17% · Selenium 13%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=zAwwPsDTlqc. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/garbanzos-con-brocoli-chickpea-broccoli-skillet