

BOWLAND

FOOD HALL

INSPIRED RECIPES



Chickpea Mangalore Malabar

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Chickpea Mangalore Malabar

Serves 2 | Prep time 5 mins | Cook time 20 mins

INGREDIENTS

Mr Organic chickpeas
1 Sweet potato
100g Spinach bag
1 Red onion
1 Holy Cow Mangalore Malabar
Sauce packet
150g Mr Organic basmati
white rice

Try with...

Plain naan bread, Anila's Hot Lime
Pickle, Sweet Mango Chutney and
poppadoms.



METHOD

1. Add 300ml of water into a saucepan and bring to the boil.
 2. Peel and dice sweet potato and red onion
 3. In a small roasting tin or oven proof dish roast the sweet potato and onion with a drizzle of olive oil until soft.
 4. When the water is boiling, add a pinch of salt, stir in the rice, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to one side until ready to serve.
 5. Drain the chickpeas, add to the tray and cook for 5 minutes.
 6. Brush the Naan bread with water and warm on a low shelf in the oven.
 7. Add 1 bag of washed spinach and Holy Cow Mangalore Malabar sauce to the roasting tin for a further 3 mins until all hot.
- Serve together with poppadoms and Anila's hot lime pickle & sweet mango chutney.

Goes great with Bowland
Brewery Pils Lager!

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