

CHORIZO & CHICKPEAS

Time: 30 minutes

Serves: 4

Ingredients:

- 2 teaspoon extra-virgin olive oil
- 8 ounces semi-dry chorizo – sliced ¼" thick
- 28 ounce can chickpeas – rinsed and drained
- 1 large bulb fennel – thinly sliced
- 1 cup diced tomatoes
- ½ cup dry white wine
- 2 cloves garlic - finely chopped or grated
- 2 teaspoon sherry vinegar
- 1 teaspoon kosher salt
- ½ teaspoon fresh ground black pepper
- 1 pinch saffron strands
- 3 tablespoons flat-leaf parsley - chopped

Preparation:

Preheat a deep frying pan on medium and add the oil.

Cook the chorizo for five minutes, stirring and turning occasionally.

Stir in all remaining ingredients except the parsley. Turn heat to high. Once a simmer is reached, cover and reduce heat to medium low, cooking for fifteen minutes.

Remove from heat, stir in the parsley and serve immediately.

Nutritional Information Per Serving:

- Calories: 244
- Fat: 9g
- Carbs: 19g
- Fibre: 6g
- Protein: 21g