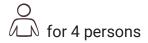
## CARROT, PEPPER AND CHICKPEA STIR-FRY







## Ingredients:

1 oinion

1 bunch of carrots (300 to 400g)

1/2 red pepper

1 small can of chickpeas (200g)

2 tablespoons of coconut oil

1/2 teaspoon of powdered cumin

1/2 teaspon of powdered coriander

1/2 teaspoon of vegetable bouillon (or 1/2)

Salt, parsley

## Instructions:

- 1. Peel and chop the onion.
- 2. Peel and cut the carrots into sticks.
- **3.**Remove the seeds and cut the pepper into strips.
- **4.** Heat the coconut oil in a pan and add the onions and pepper for 2 minutes with a pinch of salt.
- **5.** Add the spices, carrots, chickpeas, 30cl of water and vegetable bouillon. Cover and cook for 15 to 20 minutes.
- **6.** Sprinkle with chopped parsley and continue cooking for 5 minutes.
- **7.** Serve with rice.

