


CARROT, PEPPER AND CHICKPEA STIR-FRY

 for 4 persons

 20 mn

 25 mn

Ingredients :

1 onion
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 teaspoon 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.

