

Tomato, Red Pepper & Chickpea Stew

Makes: 6 Servings

Ingredients

2 tablespoons olive oil
5 red peppers, deseeded and diced
1 small courgette, diced
1 large onion, finely chopped
2 sticks celery, finely chopped
250ml tomato passata
1x400g tin chopped tomatoes
1x400g tin chickpeas, drained
1 tablespoon Schwartz classic BBQ herb & spice blend
Salt & Pepper



Instructions

Preheat your oven to 180C/350F/gas mark 4

Place the red and courgette on separate baking trays, drizzle with oil and roast for 15-20 mins

Heat the oil in a large saucepan and gently fry the onion and celery until soft. Stir in the Schwartz classic BBQ herb & spice blend cook for a further 2 mins. Then add the passata, chopped tomatoes and most of the roasted red peppers, saving a small handful for the garnish. Simmer for 15-20 minutes, then blend until smooth.

Add the courgette, remaining peppers and chickpeas. Simmer for a further 10 minutes and season with salt and pepper.

Nutrition information:

Each Serving:

Kcal	120
Fat	2.0g
Net Carbs	12.5g
Protein	6.0g