Chickpea and Vegetable Stir Fry
RECIPE

Chickpea and Vegetable Stir Fry



TIME	25 mins
INGREDIENTS	12 items
MAKES	2 servings

This stir fry is super easy to make and packed full of vegetables with a vibrant sauce to keep you full and satisfied.

INGREDIENTS

- Ben's Original™ Wholegrain Egg Fried Microwave Rice 220g
- 1tbsp Sunflower Oil
- 1 Garlic Clove, crushed
- 2cm piece of Fresh Ginger, grated
- 1 Red Chilli, deseeded and chopped
- 400g tin of Chickpeas, drained and rinsed
- 1 Red Pepper, sliced
- 80g Mangetout
- 1 Carrot, cut into matchstick pieces
- 1tbsp Soy Sauce
- 1tbsp Teriyaki Sauce

- 2 Spring Onions, sliced

INSTRUCTION

1. Add the oil to a wok over a high heat. When smoking, add the garlic, chilli and ginger stirring constantly, followed by the pepper, mangetout and carrot. Stir fry for a few minutes until beginning to soften.
2. Next add the chickpeas, soy and teriyaki sauce and mix through to coat the vegetables. Continue to cook for 3-4 minutes to heat the chickpeas through. Meanwhile, heat the Ben's Original™ rice according to pack instructions.
3. Split the rice between two bowls and top with the chickpea stir fry. Sprinkle with sliced spring onions and enjoy!

NUTRITION

Amount Per Serving

- Calories 499
- Carbohydrates (g) 70.2
- Cholesterol (mg) 0
- Dietary Fiber (g) 12.9
- Energy (kJ) 2097
- Protein (g) 21.8
- Sugars (g) 6.5
- Total Fat (g) 11.8
- Saturated Fat (g) 1.3
- Salt (g) 119
- Sodium (mg) 476
- Trans Fat (g) 0

Categories:

Egg Fried, 15 - 30 MIN , Vegeterian, Stove Top, Veggie favourites, Food of the World.

MORE RECIPES LIKE THIS



Chicken Fried Rice

Cooking time

20 mins

Ingredients

9 items

Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items



Sweet and Sour Chicken

Cooking time

25 mins

Ingredients

16 items

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