

Rice with chickpeas

Quick facts

Active time: 30 minutes
Total time: 30 minutes
Nutritional value: 520 kcal per person

Ingredients for 4 people

320 g	Long grain rice
250 g	Chickpeas from the can
1 TSP	Paprika
½ TSP	Chilli flakes
3 TBSP.	Olive oil
1 TBSP.	Pine nuts
2 TBSP.	Sultanas
1 TBSP.	Honey
½ bunch	Coriander
180 g	Yoghurt nature
some	Salt

Preparation

- 1) Cook the rice in salted water for about 20 minutes until al dente. Drain well and leave to drain.
- 2) In the meantime, drain the chickpeas and rinse in cold water.
- 3) Sauté the peppers and chilli flakes in oil. Add the chickpeas, pine nuts and sultanas and sauté over a low heat for about 5 minutes. Then season with honey and salt.
- 4) Chop the coriander and mix with the yoghurt and the remaining oil.
- 5) Arrange the rice and the chickpeas and serve with yoghurt.