

Honey-Glazed Carrot and Chickpea Stir-Fry

A vibrant and nutritious main dish featuring tender carrots and protein-packed chickpeas, glazed with a sweet honey and tangy lemon sauce. Perfect for a quick, healthy meal.



Main Dish

20 min

Total time

Easy

Difficulty

280

kcal / serving

Ingredients

- 2 medium carrots, peeled and sliced into thin strips
- 1/2 cup canned chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon honey
- 1 teaspoon lemon juice
- 1/4 teaspoon ground cumin
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Steps

- 1 Heat olive oil in a skillet over medium heat.
- 2 Add the sliced carrots and sauté for 5–7 minutes until they start to soften.
- 3 Stir in the chickpeas and cook for another 3–4 minutes.
- 4 Add honey, lemon juice, ground cumin, salt, and pepper.
- 5 Stir well to evenly coat the carrots and chickpeas.
- 6 Cook for an additional 2 minutes until the glaze thickens slightly.
- 7 Remove from heat and garnish with fresh parsley if desired.
- 8 Serve warm as a satisfying main dish.