

Spicy Chickpea Stir-Fry

This vibrant and flavorful Spicy Chickpea Stir-Fry is a quick and healthy main dish packed with protein and veggies. Perfect for a solo dinner, it combines the goodness of chickpeas with a kick of spice and fresh greens.



Main Dish

20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup canned chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1/2 cup bell peppers, sliced
- 1/2 cup zucchini, sliced
- 1 clove garlic, minced
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper (adjust to taste)
- Salt and pepper to taste
- 1 cup fresh spinach
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- Fresh cilantro for garnish (optional)

Steps

- 1 In a skillet, heat olive oil over medium heat.
- 2 Add garlic and sauté for 30 seconds until fragrant.
- 3 Stir in the sliced bell peppers and zucchini, cooking for about 5 minutes until they start to soften.
- 4 Add the chickpeas, cumin, paprika, cayenne pepper, salt, and pepper. Cook for another 5 minutes, stirring occasionally.
- 5 Toss in the fresh spinach, soy sauce, and lemon juice. Cook until the spinach wilts, about 2 minutes.
- 6 Remove from heat and garnish with fresh cilantro if desired. Serve hot.