

Spicy Chickpea Stir-Fry

This vibrant Spicy Chickpea Stir-Fry is a quick and nutritious main dish packed with protein and flavor. Perfect for a solo meal, it combines the earthiness of chickpeas with the heat of chili and fresh vegetables.



Main Dish

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup canned chickpeas, rinsed and drained
- 1 tablespoon olive oil
- 1/2 bell pepper, sliced
- 1/2 zucchini, sliced
- 1 small carrot, julienned
- 1 garlic clove, minced
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- Fresh cilantro for garnish

Steps

- 1 Heat olive oil in a non-stick pan over medium heat.
- 2 Add minced garlic and sauté for 1 minute until fragrant.
- 3 Toss in sliced bell pepper, zucchini, and carrot; stir-fry for 3-4 minutes until slightly softened.
- 4 Add chickpeas, chili powder, salt, and pepper, mixing well.
- 5 Cook for another 5 minutes, stirring occasionally until everything is heated through and the veggies are tender.
- 6 Serve hot, garnished with fresh cilantro.