

Spicy Chickpea Stir-Fry

This vibrant and quick stir-fry brings together protein-packed chickpeas and colorful vegetables, all tossed in a spicy sauce that tantalizes your taste buds. Perfect for a healthy, satisfying meal in just minutes.


15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup canned chickpeas, drained and rinsed
- 1/2 bell pepper, sliced
- 1/2 zucchini, sliced
- 1/4 onion, thinly sliced
- 1 clove garlic, minced
- 1 tbsp soy sauce
- 1 tsp sriracha (or to taste)
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add sliced onion and garlic, sautéing until fragrant.
- 3 Stir in bell pepper and zucchini, cooking until tender, about 3-4 minutes.
- 4 Add chickpeas, soy sauce, and sriracha, mixing well.
- 5 Cook for an additional 3-5 minutes until everything is heated through.
- 6 Season with salt and pepper to taste.
- 7 Serve hot, garnished with fresh cilantro if desired.