



Turkish Potato Stew

with Caramelised Onion and Chickpeas



20-30min



4 Portions

Mediterranean cuisine, made famous for its use of ripe seasonal vegetables, reliance on good olive oil and simple cooking technique, has wider borders than Italy and France. This Turkish vegetarian casserole demonstrates all that we love about this healthy and delicious way of cooking.

What we send

- cumin seeds
- marinated goat cheese ⁷
- diced tomatoes
- red onion
- dried mint
- ground turmeric
- garlic
- chickpeas
- chat potato
- green beans
- walnuts ¹⁵

What you'll require

- boiling water
- sea salt and pepper

Utensils

- large frypan
- large saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The remaining turmeric and mint won't be used in this recipe.

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 590kcal, Fat 24.6g, Carbs 57.3g, Proteins 24.1g



1. Prepare ingredients

Read through the recipe. Thinly slice the **onions**. Crush or finely chop the **garlic**. Rinse and drain the **chickpeas**.



2. Cook onion topping

Heat **1 tbs oil from the marinated goat cheese** in a large frypan over medium heat. Add the **onion, garlic, chickpeas, cumin seeds** and a **large pinch of dried mint**, season with **salt and pepper** and cook, stirring occasionally, for 10 mins or until the onion is slightly caramelised. Remove from the pan, wipe the pan clean and reserve.



3. Prepare vegetables

Meanwhile, quarter the **unpeeled potatoes**. Trim and cut the **beans** into 2cm lengths.



4. Start stew

Heat **1 tbs oil from the marinated goat cheese** in a large saucepan over medium heat. Cook **2 tsp turmeric** (see cooking tip) for 30 secs until fragrant. Add the **potatoes** and stir to coat. Add the **tomatoes, 375ml (1½ cups) water** and bring to the boil. Reduce the heat to medium-low and cook, covered, for 10-12 mins until the potato is almost tender.



5. Add beans

Add the **beans** and **1½ tsp dried mint** (see cooking tip) and cook, covered, for a further 6 mins or until the potatoes and beans are tender.



6. Get ready to serve

Meanwhile, put the **walnuts** in the reserved pan over medium heat. Cook, tossing, for 2-3 mins until evenly toasted. Remove from the pan and allow to cool slightly, then coarsely chop. Divide the **potato stew** among bowls and spoon over the **chickpea mixture**. Crumble over the **goat cheese** and scatter over the **walnuts** to serve.