SPANISH · LUNCH · SIDE

Espinacas con Garbanzos (Andalusian Spinach and Chickpeas)

Espinacas con garbanzos

55 min | Serves 4 | 347 kcal a serve | Video 4:10 in Spanish · Andalucía Videorecetas

Vegan | No nuts listed

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15 g fibre and 17 g protein a serve (29 g net carbs) from chickpeas and almost 1 kg of spinach — vegan, and rich in folate, vitamin A, iron and magnesium.

Diet notes: Low saturated fat (2.1 g, 5% of the energy); DASH-friendly with less salt: up to ⅛ tsp a serve.

Ingredients 10 · SERVES 4

- [ ] 900 g **fresh spinach**
- [ ] 400 g cooked **chickpeas**
- [ ] a little **olive oil** (about 3 tbsp)
- [ ] 1 slice of **bread**
- [ ] 2 **garlic** cloves
- [ ] 20 ml **vinegar**
- [ ] 10 g **sweet smoked paprika** (pimentón de la Vera)
- [ ] 15 g mixed whole **spices** (coriander seed, cumin and black peppercorns), ground
- [ ] a splash of **water**
- [ ] **salt** to taste

Allergens found in the listed ingredients: Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring a pot of water to the boil, add salt and the spinach and cook for 10–12 minutes. Drain in a colander, pressing out as much water as you can. 1:00
2. Heat a little olive oil in a large frying pan and fry the slice of bread until golden on both sides. Lift it out. 1:34
3. Put the well-drained spinach into the same pan, then add the cooked chickpeas. 2:04
4. Make a majado: in a mortar crush the 2 garlic cloves, add the fried bread and pound it, then stir in 20 ml vinegar. 2:14
5. Add the majado to the pan with the smoked paprika and a splash of water. Stir everything well, cover and let it cook gently. 2:43
6. Grind the coriander seed, cumin and peppercorns. Adjust the salt, stir in the ground spices and cook for 25–30 minutes more until thick and well flavoured. 3:15

> **Tip** Serves 4 (our estimate) as a light main, or 6–8 as a tapa. In Seville it's eaten as a tapa with bread. Canned chickpeas work well: about 1½ × 400 g cans, drained.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
347 kcal	**17** g	**43** g	**15** g	**14** g	**610** mg
1,450 kJ	34% of a day	29 g net · 6.4 g sugars 16% of a day	53% of a day	2.1 g saturated 19% of a day	27% of a day

Energy from net carbs 37% · protein 22% · fat 41%

High in (20%+ of a day) Vitamin K 917% · Folate 154% · Vitamin A 125% · Vitamin C 72% · Iron 59% · Magnesium 58% · Vitamin E 50% · Vitamin B6 41% · Potassium 36% · Omega-3 29% · Zinc 27% · Calcium 23%

Source of (10–19%) Selenium 15%

Recipe and video: Andalucía Videorecetas (@AndalucíaVideorecetas) on YouTube — youtube.com/watch?v=op3zCkyrfcU, published 14 October 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/espinacas-con-garbanzos