

Chickpeas with Butternut Squash

Serves 2 Preparation 10 mins Cooking 25 mins

This healthy dinner recipe combines butternut squash with chickpeas, chilli, lemon, garlic and fresh parsley. If you wish, add crumbled feta and serve with crusty bread on the side.



Ingredients

- ½ small butternut squash
- 2 tbsp olive oil
- 2 cloves garlic, crushed
- ½ tsp dried chilli flakes
- 1 x 400g (13oz) tin chickpeas, drained and rinsed
- 2 courgettes, julienned or coarsely grated
- Grated zest of ½ lemon
- 2 tbsp flat-leaf parsley, coarsely chopped

Method

1. Heat the oven to 180°C (gas mark 4). Peel and remove seeds from the butternut squash and cut the flesh into 1cm (½in) dice. Place on a baking sheet, brush with a little oil and roast for about 20 mins, or until tender and slightly charred.
2. Meanwhile, heat the remaining oil in a frying pan over a low heat and add the garlic and chilli.
3. Cook, stirring for 2-3 mins, then add the chickpeas and courgettes. Cook for a further 5 mins, stirring occasionally, until the courgettes have softened. Sprinkle with the lemon zest and parsley before serving.