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Spanish Meatballs with Chickpeas & Basmati Rice

We just love this Spanish chorizo mince. It adds rich, slow cooked flavour in a matter of moments, infusing all of your tomato sauce with the tasty smokiness of Spain. This is a hearty, filling stew, so save it for a night when you're ravenous and time poor – it won't disappoint!

 **Prep:** 20 mins
 **Cook:** 20 mins
 **Total:** 40 mins

 **nut free**

 **level 1**

 **helping hands**

Pantry Items



Warm Water



Water



Mild Chorizo Mince



Brown Onion



Red Capsicum



Zucchini



Diced Tomatoes



Chickpeas



Tomato Paste



Basmati Rice



Parsley

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QTY	Ingredients
1 packet	mild chorizo mince
½	brown onion, finely chopped
1	red capsicum, cut into strips
1	zucchini, sliced into half moons
1 tin	diced tomatoes
1 tin	chickpeas, drained & rinsed
1 sachet	tomato paste
1 cup	warm water *
2 packets	basmati rice, rinsed well
6 cups	water *
1 bunch	parsley, finely chopped

- ⊕ Ingredient features in another recipe
- * Pantry Items
- 🌿 Pre-preparation

Nutrition per serve		
Energy	2260	Kj
Protein	31	g
Fat, total	23	g
-saturated	11.5	g
Carbohydrate	47.1	g
-sugars	8.5	g
Sodium	750	mg



You will need: *chef's knife, chopping board, sieve, plate, medium frying pan with a lid, tongs, wooden spoon and medium saucepan.*

- 1 Roll the **mild chorizo mince** into 16 meatballs. Set aside on a plate.
- 2 Heat a lightly greased medium frying pan over a medium-high heat. Add the chorizo meatballs and cook, turning occasionally, for **10-12 minutes**, flattening them slightly to help them cook. Remove the meatballs and set aside.
Tip: the meatballs will release a lot of oil. Drain most of it, leaving about a tablespoon in the pan.
- 3 Return the pan to a medium-high heat. Add the **brown onion**, **red capsicum** and **zucchini**, and cook, stirring, for **5 minutes** or until soft. Add the **diced tomatoes**, **chickpeas**, **tomato paste** and **warm water**. Stir to combine and then bring to the boil. Return the meatballs to the pan and reduce the heat to medium-low. Season to taste with **salt** and **pepper**. Partially cover the saucepan with a lid and cook for **5 minutes**, or until meatballs are cooked through.
- 4 Meanwhile, place the **basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes**, or until the rice is soft. Drain.
- 5 To serve, divide the basmati rice between bowls and top with the Spanish chorizo and chickpea stew. Garnish with the **parsley**.

Did you know? Approximately 90 million tonnes of chickpeas are produced globally per year, and Australia is the world's second largest chickpea supplier!.