

## CLASSICS WITH LESS MEAT AND MORE VEG

### Sweet and Sour Chickpeas

**What's in your bag** (serves 4 people)

- > 400g organic tinned chickpeas
- > 1 organic yellow barbosa onion, peeled and chopped into large chunks (**Spain**)
- > 2cm knob of organic ginger, peeled and finely chopped (**Peru**)
- > 150g organic carrots, washed and thinly sliced (**Ormskirk, UK**)
- > 120g organic green beans, chopped into thirds (**Sufflok, UK**)
- > The juice of one lime (**Brazil**)
- > 15g soft brown sugar (**UK**)
- > 7g ground coriander
- > 7g ground cumin
- > 4g garam masala
- > 3 ripe organic tomatoes, roughly chopped (**Gloucestershire, UK**)
- > Fresh organic coriander, finely chopped (**Manchester, UK**)
- > 400g basmati rice

(You'll also need around two tablespoons of oil for frying and a pinch of salt).

**Equipment you'll need**

- > Frying pan or wok
- > Saucepan with lid
- > Knife
- > Wooden spoon

#### Sustainable living tip!

*Wash, but don't peel your root veggies.*

Root vegetables, such as carrots, are often peeled, but did you know that their skin contains a high concentration of nutrients?



### Let's get cooking

1. Rinse the rice in cold water, then cover with cold water 1cm above the top of the rice. Leave to stand whilst you start the main dish.
2. Heat two tablespoons of oil in a heavy based frying pan to a medium-high heat.
3. Add the onion, carrots and ginger to the pan and fry until the vegetables have started to soften and the onions start to turn brown. This should take around 7-8 minutes.
4. Drain the tin of chickpeas, reserving the water from the can.
5. Add the spices and sugar to the pan of vegetables and toast briefly before adding the lime juice and tomatoes. Stir in the reserved liquid from the can of chickpeas (or fill up the can with water and add it to the pan). Allow it to gently simmer for around 30 minutes or until the chickpeas have softened. If you have a lid for your pan you can cover it.
6. Whilst the vegetables are cooking, turn on the hob for the rice to a high heat. Cover the rice with a lid and once it starts to boil, reduce to a medium heat for a few minutes before turning off completely and leaving the lid on so that it steams.
7. Remove the lid from your frying pan if you've been using one and, using the back of a fork, mash some of the softened chickpeas to thicken the sauce. Add the green beans and cook for a further 3 to 5 minutes.
8. Turn off the hob and stir the chopped coriander leaf into dish.
9. Serve the chickpeas on top of the rice.



We hope that you enjoy cooking and eating this dish. Our aim at *Sustainable Living Romiley* is to spread the word about eating food that has less impact on the planet.

We can all make a difference by:

- > Eating more plants and less meat.
- > Buying locally grown and seasonal fruit and vegetables.
- > Reducing food waste.

Did you know that a quarter of all greenhouse gas emissions\* come from food production, and more than half of this comes from animal products? Meat, especially beef and lamb, have the highest impact because of the land, water and energy used to feed and rear animals (and their wind!).

\*greenhouse gases, such as carbon dioxide and methane, contribute to global warming.

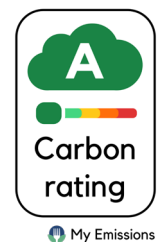
### Sustainable living tip!

*Try the 5:2 approach to meal prep, where you eat meat twice per week and simply swap the meat in your usual recipes for vegetables, pulses or grains.*



## Carbon footprint (the climate impact) for Sweet and Sour Chickpeas

**VERY LOW** - this recipe has **690 gCO<sub>2</sub>e** per serving\*



Compare that to meat and fish...

- Sweet and Sour Pork has a **medium** carbon footprint of **1302 gCO<sub>2</sub>e** per serving.
- Sweet and Sour Prawns has a **very high** carbon footprint of **2413 gCO<sub>2</sub>e** per serving.

\*calculated with MyEmissions.green food carbon calculator.

Thanks to Lentils and Lather Marple for curating and sourcing ingredients for this kit.

Their shop, which can be found at 107 Stockport Road (SK6 6AF), makes eco-friendly and sustainable shopping easy and convenient.

At Lentils and Lather you can bring your own containers from home to fill up and reuse, reducing the need to rely on new plastic for the food, personal care and household products you use on a daily basis. Plastic is made from oil, which is one of the largest contributors to global warming.

Their wide range of products includes things like ethically sourced coffee, British pasta, meat alternatives, vegan chocolates, locally made soaps, plastic free dental products and much more!

[www.lentilsandlather.co.uk](http://www.lentilsandlather.co.uk)

### Sustainable living tip!

*The meal kit is intended to feed a family of four, but if you find yourself with leftovers don't bin them! Why not eat them for lunch the next day? Freezing leftovers will prolong their life even further.*

