



Tuscan Chickpea Stew with Jacket Potato
RECIPE

Tuscan Chickpea Stew with Jacket Potato



Cook
15 mins
Prep
15 mins
Makes

4 servings

This Tuscan Chickpea Stew brings together fresh, wholesome ingredients to create a dish bursting with flavour. It's perfect served with a jacket potato, to offer a tasty lunch with little prep!

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INGREDIENTS

- 4 large potatoes
- 1 onion (100g)
- 2 carrots (180g)
- 1 red pepper (290g chopped weight)
- 2 tbsp olive oil
- 500g Dolmio Smooth Tomato Bolognese Sauce
- 400g tin chickpeas, drained and rinsed (240g drained weight)
- Juice 1 lemon
- 2 cloves garlic
- 100g chopped kale
- 2 tsp dried mixed Italian herbs

Instructions

- 1
Preheat the oven to 220C/gas 7. Scrub the potatoes and pierce with a skewer or thin sharp knife then bake on a baking sheet for 25 mins. Turn the oven down to 190C/gas 5 and bake for a further 1 hour - 1 hour 15 minutes. (You can wrap the pierced potatoes in kitchen paper and microwave on 'high' for 8 - 10 mins for a faster option, or use frozen jacket potatoes and follow the cooking instructions on the packet).
- 2
Whilst the potatoes are baking, peel and chop the onion, carrots and red pepper. Take a saucepan with a lid, add the oil and fry the vegetables over a medium heat for 5 minutes, stirring occasionally.
- 3
Add the Dolmio Classic Bolognese Sauce, chickpeas, lemon juice, garlic, kale and dried mixed herbs, cover with the lid and simmer over a low heat for a further 10 minutes.
- 4
Serve over the jacket potatoes.

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Lunchtime Pasta Salad

Cooking time

15 mins

Prep time

20 mins

[See details](#)



Slow Cooked Sweet Potato Lasagne

Cooking time

2 hrs 30 mins

Prep time

25 mins

[See details](#)



Turkey Meatballs and Mash

Cooking time

30 mins

Prep time

15 mins

[See details](#)

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