

Moroccan Chickpeas & Yogurt

Our creamy [Greek Style Natural Yoghurt](#) is perfectly paired with some wholesome chickpeas and spice.



Serves 4

Prep Time: 10 minutes

Cook Time: 40 minutes

Ingredients

- 1½ a tub (250g) of [Chris' Greek Style Natural Yoghurt](#)
- 1 red onion, sliced
- 1 red capsicum, sliced
- 1 cup of cherry tomatoes, washed
- 1 can of cooked chickpeas, rinsed and drained
- 1 can of crushed tomatoes

- 2 tbsp of olive oil
- 1 tsp of cumin powder
- 1 tsp of cinnamon
- 1 tsp of all spice
- 1 tsp of powdered ginger
- 1½ a tsp of salt.
- Pita bread, parsley and lemon wedges, to serve

Method

1. In a medium, non-stick saucepan, fry the onions and capsicum in the olive oil until the onions are translucent.
2. Add the cherry tomatoes and cook until they start to blister.
3. Add the spices (cumin, cinnamon, all spice, ginger and salt) with the chickpeas and stir until fragrant.
4. Add the crushed tomatoes plus half a can of water and stir.
5. Bring to the simmer and allow to cook for about 20 minutes or until the mixture begins to thicken.
6. To serve, spoon Chris' Greek Yoghurt onto a large plate with a small well in the middle. Spoon the chickpea mixture into the well and on top of the yoghurt and sprinkle with parsley and lemon juice.



Recipe by [Healthy Natty.](#)