

All About ... Creamy Chickpea Stew

Serves: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 1½ Tbsp olive oil • ¾ small onion, finely diced • 5 garlic cloves, minced • 360g boiled chickpeas, canned and drained • ¾ Tsp turmeric • ½ Cup tomato sauce, no added salt • 3 Tbsp of plain low-fat yoghurt • 1½ Tbsp light coconut milk 	Energy (kcal)	236
	Carbohydrate (g)	22
	Protein (g)	7.8
	Fat (g)	10
	• Saturated Fat (g)	2.9
	• Polyunsaturated Fat (g)	1.5
	• Monounsaturated Fat (g)	5.3
	Cholesterol (mg)	0.6
	Dietary Fibre (g)	6.8
	Sodium (mg)	245
	Potassium (mg)	350
Phosphate (mg)	129	

Methods

1. In a heated pan, add in oil and onions and fry until fragrant.
2. Add in garlic & turmeric and mix well.
3. Add in chickpeas, tomato sauce, plain low-fat yoghurt and coconut milk.
4. Stew for 10 minutes and adding some water if the sauce gets too dry.
5. Serve hot over brown rice and vegetables to complete your meal.

NUTRITION & DIETETICS DEPARTMENT

Khoo Teck Puat Hospital, 90 Yishun Central Singapore 768828

Email: ktph.dietitians@ktph.com.sg; Website: www.ktph.com.sg; Instagram: @ktph.dietitians

Call-A-Dietitian Hotline: 983 22 983