

# Chickpeas and Swiss chard with yoghurt

Serves two

Carrots × 2, peeled and chopped into 2cm pieces (200g)

45ml Olive oil, plus extra to serve

Onion × 1, finely chopped (180g)

Caraway seeds × 1 tsp

Ground cumin × 1½ tsp

Swiss chard leaves, sliced into 1cm thick strips × 200g

Tin of chickpeas, drained and rinsed × 400g

Lemon × 1 - juice ½ to get 1 tbsp, and cut the other ½ into 2 wedges, to serve

Greek-style yoghurt × 70g

Coriander, roughly chopped × 5g

Salt and black pepper

This is comfort food at its best, served with some steamed rice. Don't worry if you don't have coriander at home already: it's a nice little garnish but the dish holds its own perfectly without.

Make this up to 6 hours ahead if you like, up to the point before the lemon juice and yoghurt are added. Assemble before serving and serve at room temperature or just warmed through.

1. Preheat the oven to 200°C fan
2. Mix the carrots with 1 tablespoon of oil, ½ teaspoon of salt and a grind of pepper. Spread out on a parchment-lined baking tray and roast for 20 minutes: they should still be a little crunchy.
3. Place the remaining 2 tablespoons of oil in a large frying pan, on a medium heat, and add the onion, caraway and cumin. Fry for 10 minutes, stirring occasionally, until golden-brown. Add the chard, cooked carrots, chickpeas, 75ml of water, 1½ teaspoons of salt and a good grind of pepper, and mix through. Cook for 5 minutes, until the chard leaves are soft and hardly any juice is left in the pan.
4. Remove from the heat, stir through the lemon juice, and serve, with a generous spoonful of yoghurt, a sprinkle of coriander, a drizzle of oil and a wedge of lemon.