









Dinner Recipes

Chickpea and Pepper Stuffed Potato

Ingredients (Serves 1)

-  1 medium potato
-  120g of chickpeas
-  1 bell pepper, sliced
-  1 tbsp light mayo (optional for dressing)
-  1 cup of spinach, chopped
-  1 medium onion, chopped
-  1 tbsp of chili flakes

-  1 tsp of vegetable oil
-  Seasonings: paprika, salt and pepper (optional: ½ tsp)

One Life Suffolk

Method

1. Rinse the potato under cold water and pierce it several times on either side with a knife.
2. Microwave the potato for 10 minutes, then turn it over and cook for another 10 minutes, or until soft and cooked through. Alternatively, the potato may be baked in the oven. Preheat oven to 180 degrees. Drizzle the potato with vegetable oil and bake for 60-45 minutes on a baking tray. Check the potato frequently; when completely cooked, it should be soft on the inside and crispy on the outside.
3. While the potato is cooking, drain the chickpeas. Add seasonings and chili flake. Mix with pepper and spinach.
4. When the potato is cooked, stuff potato with chickpeas and all the vegetables.
5. Drizzle mayo on top and serve.



Nutritional Information

[Approx. Per Serving]

Calories: 486Kcal
Carbohydrate: 45g
Fat: 18g
Protein: 15g

Cost:

[Approx.]
Total Ingredients: £9.00
Per Serving: £3.50