

# Spicy Chickpea Hotpot

**Serves:** 2

**Preparation Time:** 15 minutes

**Cooking Time:** 30 minutes

## Ingredients

- ½ cup Chickpeas
- ½ Onion, diced
- 1 tbsp Oil
- ½ tbsp Plain Flour
- ½ cup Water
- ½ Carrot, sliced
- ½ Celery stalk, sliced
- 1 tbsp Tomato Paste
- ½ tbsp Mustard Powder
- ½ tsp Crushed Garlic
- 1 tbsp Sweet Chilli Sauce
- ¼ cup Frozen Peas



## Method

1. Fry onion in oil.
2. Add flour and stir until brown. Remove from heat.
3. Add water slowly, stirring to avoid lumps forming. Bring to the boil and add all other ingredients EXCEPT frozen peas.
4. Reduce heat and simmer for 20 minutes, add frozen peas, cook for a further 10 minutes.