

# Peri-Peri Chickpeas (1 pan, 30 minutes)

Prep: 10 minutes • Cook: 20 minutes

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*Tender chickpeas simmered in a spicy, tangy, smoky peri-peri tomato sauce, finished with fresh spinach and topped with a bright, crunchy cucumber-tomato salsa for cooling contrast.*

## Ingredients

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- 2 teaspoons olive oil
- 1 cup red onion (chopped)
- 4 cloves garlic (finely chopped)
- 1/4 cup red bell pepper (chopped; or use 1 scotch bonnet or bird's eye chili for spicier)
- 1/2 teaspoon dried thyme or oregano
- 1/4 teaspoon black pepper
- 2 cups tomatoes (chopped small (about 3 medium Roma))
- 1 tablespoon tomato paste
- 3 to 5 tablespoons peri-peri sauce (to taste)
- 1/2 teaspoon salt
- 15 ounces chickpeas (drained; or 1 1/2 cups cooked, or substitute white beans)
- 1 cup water
- 2 ounces spinach (fresh or frozen)
- 1 cup mini cucumbers (chopped)
- 1 cup cherry tomatoes (sliced)
- 1/4 teaspoon salt (for salsa)
- 1/4 teaspoon black pepper (for salsa)
- 1 tablespoon lemon juice (or more, to taste (for salsa))
- 1/4 cup cilantro (chopped (for salsa))
- to taste pepper flakes (for garnish)
- to taste hemp seeds (or sesame seeds, for garnish)
- to taste non-dairy yogurt (or non-dairy cream, for garnish)

## Instructions

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1. Heat a skillet over medium heat and add the oil. When hot, add onion, garlic, and a pinch of salt; cook 5–7 minutes until the onion starts to turn golden, stirring occasionally.
2. Add thyme, black pepper, and red bell pepper; cook about 30 seconds.
3. Stir in tomatoes, another pinch of salt, peri-peri sauce, and tomato paste; cook 6–8 minutes until the tomatoes are

jammy, pressing larger pieces and stirring occasionally.

4. Add chickpeas, another pinch of salt, and water; mix, cover, and simmer about 10 minutes or until the sauce thickens and chickpeas absorb the flavor.

5. Fold in spinach; taste and adjust salt or heat (more peri-peri or a pinch of cayenne). If too spicy, stir in some non-dairy yogurt or cream, bring to a brief boil, then turn off heat.

6. Make the salsa: In a bowl, combine cucumber, cherry tomatoes, salt, black pepper, lemon juice, and cilantro; toss well.

7. Serve the peri-peri chickpeas hot, topped with the cucumber-tomato salsa and garnished with pepper flakes, hemp or sesame seeds, and a dollop of non-dairy yogurt or cream if desired.

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**Tags: Vegan, Gluten Free, One Pan, Spicy, Chickpeas, African Inspired**

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