



The Gathered Green

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BALSAMIC-GLAZED CHICKPEAS & MUSTARD GREENS

Thank you to blog.fatfreevegan.com for the recipe and picture.

Serves 2

Ingredients

- 1 bunch of mustard greens
- ½ large onion, thinly sliced
- 4 to 6 tablespoons vegetable broth, divided
- 1 pinch red pepper flakes
- ½ teaspoon salt
- 2 tablespoon balsamic vinegar
- ½ teaspoon tamari
- ½ teaspoon coconut sugar or maple syrup. 1 cup cooked chickpeas, rinsed and drained.





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Method

Remove any large stems from the greens and discard. Tear the leaves into bite-sized pieces.

In a deep pot or wok, sauté the onion in a tablespoon or two of vegetable broth, about 4 minutes. Add the chopped garlic, red pepper flakes and another tablespoon of broth and cook, stirring, for another minute. Add the mustard greens, 2 tablespoons of broth, and cook, stirring, until greens are wilted but still bright green, about 3 to 5 minutes. Stir in the salt. Remove greens and onions from pan with a slotted spoon and place in a serving dish, leaving any liquid in the pan.

Add the balsamic vinegar, tamari and sugar to the liquid in the pan (if there is no liquid, add 2 tablespoons of broth). Add the chickpeas and cook, stirring over medium heat until the liquid is reduced by about half. Spoon the chickpeas over the greens and drizzle the sauce over all.

Serve warm with a serving of mashed sweet potato, and with the additional balsamic vinegar at the table.

Enjoy!

Jane

