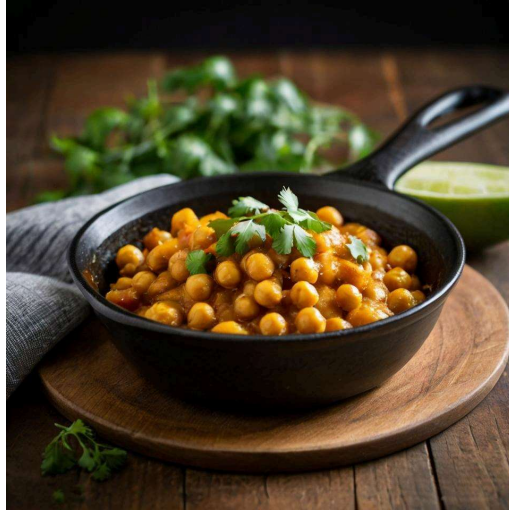




Mango Chutney Chickpea Skillet



Ingredients:

- 1/2 cup Rhonda's Spicy Mango Chutney
- One can (15 oz) chickpeas, drained and rinsed
- One red capsicum, diced
- One onion, finely chopped
- Two cloves garlic, minced
- One tablespoon olive oil
- One teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- Salt and pepper to taste

Method:

- Heat the olive oil in a large skillet over medium heat. Add the chopped onion and garlic, and sauté until the onion is soft and translucent.
- Stir in the diced red capsicum and cook for another 3-4 minutes until softened.
- Add the ground cumin and smoked paprika, cooking for 1 minute to toast the spices.
- Stir in the chickpeas and mango chutney, mixing well to coat the chickpeas evenly.
- Simmer the mixture for 5-7 minutes, allowing the flavors to meld. Season with salt and pepper, serve hot.