

# Sausage and Chickpea Stew

## Ingredients

4 sausages, either Merguez or chilli beef, cut into thick slices  
1 red onion, sliced  
2 garlic cloves  
1 tsp smoked paprika  
1 tsp cumin seeds  
400g can cherry tomatoes  
Juice of 1 lemon  
400g chickpeas, drained  
1 handful Italian parsley  
Crusty baguette to serve

## Method

1. In a frying pan, fry the sausage, onion and garlic for 5 minutes or until the sausage is browning on the outside. Drain excess oil, then stir in spices, fry for 30 seconds.
2. Pour in the tomatoes, lemon juice, chickpeas and seasoning. Bubble for 5 mins to thicken slightly, and then sprinkle in the parsley. Serve hot with crusty baguette slices or chunks.