Chickpea and sweet potato bake

Serves 3

Ingredients

- 1 red onion finely chopped
- Olive oil
- 1 garlic clove
- 2 large sweet potatoes
- 4 tbsp sun-dried tomato paste
- 2 handfuls baby spinach
- 1 400g tin canned chickpeas, drained
- Blue cheese to taste

Method

- Put the sweet potatoes in a pan, cover with boiling water and simmer for 8–10 minutes, or until soft. Drain well, season with salt and pepper and mash into a smooth orange purée.
- Preheat the oven to 200°C. Heat a little olive oil in a pan and add the garlic and red onion. Cook for 4–5 minutes, or until softened. Add the spinach to the onion and garlic and cook for a few minutes more, until the spinach has wilted. Add the chickpeas. Stir well, then add the sundried tomato paste. Season with salt and pepper.
- Transfer the chickpea mixture to a baking dish. Put the sweet potato mash on top of this, as though you were making a shepherds' pie.
- Crumble the blue cheese over the top, if using, and bake in the oven for 15–20 minutes, or until golden and bubbling. Allow to stand for a few minutes before serving.

Recipe from The Medicinal Chef brought to you by village greens farm shop