



Waking Stew with Chickpeas, Spinach, Cod and **White Garlic.**



DIFFICULTY
MINIMUM



CUISINE
MEDITERRANEA



Nº OF GUESTS
4



TYPE OF DISH
MAIN



PREPARATION TIME
40 MINUTES



VARIETY OF GARLIC
WHITE

Ingredients

- 4 cloves of White Garlic
- 50 gr. Onion
- 50 gr. Carrot
- 20 gr. Leek
- 300 gr. Boneless Cod
- 400 gr. Cooked Chickpeas
- 250 gr. Fresh Spinach
- 1 teaspoon Flour
- 200 cl. Ham or Chicken broth, or Water
- Extra Virgin Olive Oil
- Fine Salt

Step by Step



1. Peel the cloves of White Garlic and cut them up into fine slices.
2. Wash the Leek well, ensuring that there is no dirt on the inside, cut it in half and then into thin slices.
3. Peel the Carrots and the Onion and cut them up into small cubes.
4. Wash the Spinach and remove the stem.
5. Heat up a saucepan on medium-high and add a generous dash of Olive Oil. Add the Garlic and, after a few seconds, add the Onion, Leek and Carrot.
6. When the vegetables are tender, add the Spinach and slightly sauté it.
7. Add the Flour and stir it well so it completely dissolves.
8. Pour the Broth and Chickpeas in and simmer for about 20 minutes.
9. After this 20 minutes, add the Cod with the skin side upwards.
10. Leave it for a few minutes so the Cod cooks and remove the skin. Finally, crumble it.

FINISHING THE DISH:

11. Place the Vegetables and Chickpeas in the centre of a bowl, spread layers of the Cod on top, and drizzle with a little of the sauce produced from the earlier stages.

CHEF'S TIPS Miguel Ángel Mateos:

- This Stew is a traditional dish during Easter, because it does not contain meat.
- If the garlic is sautéed in oil at the beginning, the stew will end up having a fuller flavour.
- It is a quick dish to make, using cooked Chickpeas means that it takes less time to make than a regular Stew. But if you prefer, you can use dry Chickpeas, you only have to soak and then cook them.
- A pinch of paprika can be added to the broth to enhance its flavour.