

CHICKPEAS AND PARMA HAM

1 tablespoon olive oil

1 medium onion, thinly sliced

1 garlic clove, chopped

1 small red pepper, deseeded and cut into thin strips

200g Parma Ham, diced

400g can chickpeas, drained and rinsed

1 tablespoon chopped fresh parsley, to garnish

Heat the oil in a frying pan. Add the onion, garlic and pepper and cook over medium heat, stirring occasionally for 3-4 minutes or until the vegetables have softened. Add the Parma Ham and fry for 5 minutes or until the ham is just beginning to brown. Add the chickpeas to the pan and cook, stirring constantly, for about 2-3 minutes until warmed through. Sprinkle with chopped parsley and transfer to a warm serving plate. Serve with fresh toasted rye bread.