



FRESH

ROASTED CHICKPEAS

Ingredients:

1 can of
chickpeas
2-3 tbsp olive oil
2 tsp curry spice
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp pepper

Directions:

1. Preheat the oven to 400°C.
2. Drain and rinse a can of chickpeas, then pat dry with a paper towel and remove any loose skins.
3. Pour the chickpeas into a bowl and mix with just enough olive oil to coat.
4. Add salt, pepper and curry spice.
5. Transfer the mix to a baking sheet and place in the oven for 25-30 minutes to roast. They should be lightly browned, crispy on the outside and still semi-soft inside.

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Notes:

- For extra flavour, add paprika, cumin, garlic powder, onion powder and turmeric to taste.
- All ovens differ, so cook time may be shorter or longer. Avoid overcooking them by watching near the end of cook time. They can go from brown to burnt very quickly!
- Enjoy in buddha bowls, salads and for snacking.



CONTACT US

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