



ROASTED CHICKPEAS

This is a great savoury snack, filling and satisfying! Experiment with spices of your choice. I love Indian flavours but paprika, basil etc also fab!

Oven 150 degrees for 30 – 40 mins

1 portion = half tin

INGREDIENTS:

- 1 x tin chickpeas
- Cumin
- Garam Masala
- Turmeric
- Sea salt
- Black Pepper
- 1-2 Tbsp Olive Oil

METHOD:

- Drain the chickpeas into a bowl and add two 1-2 tbsp of olive oil.
- Add in spices of your choice, mix well.
- Turn onto a roasting tray and bake for 30 – 40 mins.
- Check after 20 / 30 mins so nice and crispy.
- If they are still soft leave for a little longer.
- Have alone or add to salad bowls.