

TASTE WITHOUT WASTE

Aromatic Roasted Chickpeas

Makes about 1 cup.

Ingredients

400g can chickpeas, rinsed, drained and patted completely dry with paper-towel

1 tsp olive oil

¼ tsp salt

¼ tsp ground cumin

¼ tsp ground coriander

¼ tsp ground ginger

¼ tsp paprika

¼ tsp garlic powder

Method

Preheat oven to 200C. Line a baking sheet with greaseproof paper.

Use your hands to toss the chickpeas with the olive oil in a bowl, until completely coated.

Sprinkle over the salt and spices, toss until the spices are evenly distributed.

Scatter in a single layer over the baking sheet.

Bake for 30 – 40 min, tossing every 15 minutes, or until golden brown and crispy.

Leave to cool on baking tray, or eat hot, immediately! Note that they will lose their crispness as they cool, however that doesn't change the flavour. To crisp them up again later, pop back into a 200C oven for 5 minutes or so.

Source: A Taste Without Waste original.

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