



## Roasted chickpeas

EVERYDAY NSW

Makes 4 serves

### Ingredients:

- One can 400g Chickpeas, drained (alternatively soak and boil about 1 cup dry chickpeas the day before)
- Olive oil spray
- ½ teaspoon smoked paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon ground coriander

### Method:

1. Preheat oven to 180°C
2. Pat dry chickpeas with paper towel
3. Cover a large baking tray with baking paper and spray with the olive oil spray
4. Place the chickpeas on the baking tray and bake for 15 minutes
5. Mix the spices together in a small bowl
6. Take the chickpeas out, cover and mix with the spices on the tray. Spray the top with a little more olive oil spray
7. Add the chickpeas back into the oven for another 15-20 minutes, checking on them halfway through
8. Serve warm!

### Variations & tips:

- Be creative with the spices but be careful to not let them burn during the roasting process.
- Some good alternative spices/herbs may be a little chilli, cumin or ground ginger

### Nutrition information:

	Per serve 102g	Per 100g
Energy (kJ)	491	481
Protein (g)	6.4	6.3
Fat – total (g)	3.0	3.0
Saturated (g)	0.5	0.5
Carbohydrates – total (g)	13.6	13.3
Sugar (g)	0.8	0.7
Sodium (mg)	252	247
Fibre (g)	4.9	4.8