Really Awesome Cooks

Roasted Curried Chickpeas with Rosemary and Thyme

Season: All year
Type: Healthy Snack
Difficulty: Medium
Fresh from the Garden: Lemon, Rosemary, Thyme
Serves: 15 tastes
Recipe source: www.thekitchn.com

Equipment:
- Can opener
- Baking tray
- Egg flip
- Spoon measures
- Grater
- Bowl
- Spoon or Spatula

Ingredients:
- 2 cans chickpeas
- 3 tablespoons olive oil
- 2 teaspoons paprika
- ½ teaspoon cumin
- ½ teaspoon curry powder
- ¼ teaspoon salt
- 1 tablespoon grated lemon zest
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh thyme

A healthy alternative to eating potato chips

What to do:

- Preheat oven to 200°C
- Open the chickpeas and drain, rinse and dry them well
- Place on oven tray and roast for 10 minutes
- Remove from oven and using the egg flip loosen any chickpeas that are sticking to tray
• Roast for another 10 minutes or until they begin to crisp
• Note: To test for readiness do not rely on the change of colour as once they turn brown they will be BURNT. Instead, check with the press of a finger: you want them to be slightly crisp on the outside but still soft on the inside
• While the chickpeas are roasting prepare the coating
  • Grate lemon zest
  • Chop rosemary and thyme
  • Place this along with oil, paprika, cumin, curry powder and salt into a bowl
  • Transfer the chickpeas to the bowl and carefully toss them in the mixture until well coated
• Return to the oven and roast for a further 5 minutes
• Remove from oven and serve warm