



Crispy Roasted Chickpeas



Ingredients

- 400g can chickpeas, no added salt
- ¼ teaspoon cumin
- 1 tablespoon extra-virgin olive oil



Method

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Drain and rinse chickpeas and rub dry with paper towel, trying to remove as much moisture as possible. Note: some skins may start to come off, this is okay, and will help to improve the crunch!
3. Place the chickpeas into a bowl and drizzle with olive oil.
4. Transfer chickpeas onto a baking tray and roast in oven for 40-45 minutes, until crispy and golden.
5. Remove from oven and place into a bowl. Sprinkle with cumin (and/or any other spices you like e.g. paprika, curry powder, ground coriander), mix to ensure an even coating.
6. Allow to cool slightly. Enjoy as a nutritious snack or as a crunchy salad topper.