

Chickpeas 4 Ways

Unlock the potential of a humble tin of chickpeas with four delicious recipes! From classic hummus to a refreshing salad, a flavourful curry, and the vibrant chaat – these recipes offer a variety of ways to transform simple chickpeas into a mouthwatering meal. Try them all and discover the versatility of this pantry staple!

Ingredients

For the Caramelised Hummus

400g chickpeas, drained and rinsed
1 brown onion, thinly sliced
olive oil
1 garlic
juice of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ tsp salt
3 tbsp tahini
3 tbsp water
chilli oil (optional)

For the Chickpea Spinach Curry

400g chickpeas, drained and rinsed
oil of choice
1 tsp cumin seeds
1 brown onion, roughly chopped.
1 tomato, roughly chopped
1 garlic clove, grated
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp turmeric powder
 $\frac{1}{2}$ tsp chilli powder
1 tsp garam masala
200g spinach leaves, roughly chopped
juice of $\frac{1}{2}$ lemon

For the Chickpea Salad

400g chickpeas, drained and rinsed

½ cucumber, roughly chopped
1 red onion, roughly chopped
1 tomato, roughly chopped
2 spring onions, roughly chopped
1 avocado, roughly chopped
2-3 tbsp olive oil
juice of ½ lemon
1 tsp dijon mustard
black pepper, to taste
salt, to taste

For the Chickpea Chaat

2 potatoes, cubed and boiled
400g chickpeas, drained and rinsed
100g fresh mint leaves
100g fresh coriander
2 green chillies
juice of ½ lemon/lime
pinch of sugar
salt
½ tsp chaat masala
½ tsp chilli powder
1 red onion, roughly chopped
handful bombay mix

Method

Caramelised Onion Hummus

– Add 2 tbsp oil to a hot pan. Add the onions and cook for 8-10 minutes until golden. Transfer to a blender. Set a few onions aside for the garnish.

– Add the chickpeas but set a few aside for the garnish. Add the garlic, lemon juice, salt, tahini, and water. Blitz to a purée.

– Transfer to a serving bowl and top with the remaining fried onions and chickpeas. Drizzle in chilli oil and serve!

Chickpea Spinach Curry

- Add 2-3 tbsp oil to a hot pan. Add the cumin seeds and let them sizzle for 30 seconds. Add the onions and cook for 8 minutes until golden.
- Add the tomato and garlic. Mix well and cook for 5 minutes.
- Add the salt, all the spices, chickpeas, and 200ml boiling water. Mix well, cover, and cook for 5 minutes.
- Add the spinach leaves and lemon juice, and stir through. Cover and cook for another 5 minutes.
- Transfer to a serving bowl and pair with some piping hot basmati rice.

For the Chickpea Salad

- Place all the vegetables and chickpeas in a large salad bowl. Mix well.
- Add the olive oil, lemon juice, dijon mustard, pepper, and salt to a bowl. Whisk to emulsify.
- Pour the dressing over the vegetables and toss to combine.

Chickpea Chaat

- Place the mint, coriander, lemon juice, sugar, and a pinch of salt in a blender. Blitz until smooth.
- Place the potatoes, red onion, and chickpeas in a large bowl.
- Add a pinch of salt, the chaat masala, chilli powder, and coriander and mint chutney. Mix well.
- Add the bombay mix and stir through.