

Roasted cumin chickpeas

Takes 55 minutes, serves 4 and uses a baking tray and greaseproof paper.

INGREDIENTS

400g tin chickpeas, drained
1.5 teaspoons cumin seeds
1 teaspoon ground cumin
1 garlic clove, crushed
A large pinch of salt
1 tablespoon olive oil

DIRECTIONS

Pre-heat the oven to gas mark 5, 375°F, 191°C, 171°C fan.

Take the drained chickpeas and dry them on a clean tea towel or some pieces of kitchen roll.

Place them in a bowl with the remainder of the ingredients, mix it all together, then pour onto a greaseproof paper lined baking tray.

Cook in the oven for 45 minutes, remove and leave to cool before gorging.

