

CURRIED CRISPY CHICKPEAS

Jay
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 Makes 20 x 40g. Portions

 Total Time: 2hr 55min

 Prep: 10min + 2hr marinading

 Cooking: 45min

Ingredients:

- 800g of drained chickpeas
- 1 clove of garlic
- 40g of a red onion
- 10g of peeled ginger
- 5g of turmeric ground
- 5g teaspoon of paprika
- 5g teaspoon of cumin
- 10ml of tamari
- Juice of 1 whole lime 20ml
- 10ml of cold pressed olive oil
- 5g of ground coriander
- 5ml of balsamic vinegar
- 5ml of apple cider vinegar
- 2g of dried chili flakes
- 20g of nutritional yeast flakes

Method:

Firstly, drain the chickpeas and place them into a bowl (this recipe will last for a while as its dry, so it is always worth batch making this and keeping in in an air tight jar)

Place all of the ingredients for the marinade into a blender and blend for 1-2 minutes until it is completely smooth

Then pour your marinade onto your chickpeas in the mixing bowl and leave for 2 hours covered with a tea towel. This will just allow the marinade flavor to soak right into the chickpeas

After the chickpeas have been marinated place them onto the baking trays (lined with parchment) with the marinade liquid still with them as well.

Place them into the oven

Bake on 180c for 45minutes until the chickpeas are totally dry and a crunchy texture

Make sure you are giving them a shake and a move around every 10 minutes or so when they are in the oven to make sure that they don't stick to the tray or to each other

Equipment needed: High speed blender, Large mixing bowl, 2 baking trays, Oven