

Spiced Chickpeas

A simple decision to roast some chickpeas to accompany an early afternoon drink by the fire to pass a lazy rainy Sunday afternoon away -

Recipe from David Herbert [@itstartedwithajug](#)

1 x 400g tin chickpeas

1 tbsp olive oil

1-2 tsp sea salt

ground chilli or garam marsala, to taste

Preheat the oven 190c (170c fan forced) + line a large baking tray with baking paper.

Empty the tin of chickpeas into a large sieve + drain + rinse under cold running water. Pat dry with paper towel.

Toss the chickpeas with the oil + spread out on the prepared tray in a single layer. Roast for 30-40 minutes or until brown + crispy, stirring them regularly.

Transfer the chickpeas to a bowl + toss with the salt + spices, to taste. Return to the tray to let them cool completely. Stores in an airtight container for up to 5 days.

