



UCCOOK

Chickpea Pita Pocket

with red pepper hummus

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	705kj	2408kj
Energy	169kcal	576kcal
Protein	4.9g	16.7g
Carbs	21g	73g
of which sugars	2.1g	7.1g
Fibre	3.2g	10.8g
Fat	6g	20.4g
of which saturated	0.8g	2.7g
Sodium	269mg	920mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
60g	120g	Chickpeas <i>drain & rinse</i>
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>
10ml	20ml	Lemon Juice
1	2	Pita Bread/s
30ml	60ml	Red Pepper Hummus
30ml	60ml	Pesto Princess Sun-dried Tomato Pesto
1	1	Tomato <i>rinse & slice ½ [1] into half-moons</i>
10g	20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Water

Seasoning (salt & pepper)

- 1. ZESTY CHICKPEAS** In a bowl, mix together the chickpeas, parsley and lemon juice. Season.
- 2. WARM PITA POCKET** Halve the pita/s. Place in the microwave to warm slightly, 15-30 seconds. Alternatively, warm in the toaster, being careful it doesn't get too toasted. Allow to cool slightly before assembling.
- 3. LOVELY LUNCH** Gently open the warmed pita halves. Smear the hummus and pesto in each half. Top with the tomato, salad leaves and the chickpea mixture. Lunch is ready, Chef!