



# UCOOK

## Mediterranean Chickpeas & Pita Chips

with a paprika sauce & baby tomatoes

There's no reason to have a chip on your shoulder about cooking with recipes like these, Chef! This party platter-inspired dinner satisfies with every scoop of a golden pita chip into the homemade paprika sauce. Sided with a refreshing crispy chickpea, cucumber, coriander & baby tomato salad. Time to dip in and dine!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Suné van Zyl

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Veggie

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Stettyn Wines | Stettyn Family Range Chenin  
Blanc 2023

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## Ingredients & Prep

120g	Chickpeas <i>drain &amp; rinse</i>
5ml	NOMU Moroccan Rub
1	Pita Bread
1	Spring Onion <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
30g	Pitted Kalamata Olives <i>drain &amp; roughly chop</i>
50g	Cucumber <i>rinse &amp; roughly dice</i>
80g	Baby Tomatoes <i>rinse &amp; roughly chop</i>
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
100ml	Almond Milk
20ml	Paprika Seasoning <i>(5ml Nutritional Yeast, 5ml Smoked Paprika, 2,5ml Onion Powder, 2,5ml Garlic Powder &amp; 5ml Tapioca Flower)</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. CRISPY CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 10-12 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. In the final 1-2 minutes, sprinkle over the NOMU rub and fry until fragrant. Remove from the pan and season.

**2. PITA PREP** Cut the pita in half lengthways. Cut open the pita pockets, and then into small triangles. Coat in oil and some seasoning.

**3. SALSA** In a bowl, combine the crispy chickpeas, the spring onion whites, the chopped olives, the diced cucumbers, the chopped tomatoes, the chopped coriander, a drizzle of olive oil, and seasoning.

**4. PITA CHIPS** Place a pan over medium-high heat. Once hot, arrange the pita triangles in a single layer and toast them until crispy, about 1-2 minutes on each side.

**5. PAPRIKA SAUCE** Return the pan, wiped down, to medium heat. Add the almond milk, 2 tbsp of water and the paprika seasoning. Mix and simmer until thickening, 4-5 minutes. Remove from the heat, season, and loosen with warm water if it's too thick.

**6. DINNER IS READY** Make a bed of the pita chips, drizzle over the paprika sauce, scatter over the salsa, and garnish with the spring onion greens. Dig in, Chef!



## Chef's Tip

Air fryer method: Coat the pita triangles in oil and season. Air fry at 200°C until crispy, 5-8 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	501kj
Energy	120kcal
Protein	4.7g
Carbs	18g
of which sugars	1.7g
Fibre	3.5g
Fat	2g
of which saturated	0.2g
Sodium	208mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat  
Within  
4 Days