



UCCOOK

Chickpea Pita Pocket

with red pepper hummus

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	672kj	2368kj
Energy	161kcal	567kcal
Protein	5.3g	18.6g
Carbs	23g	80g
of which sugars	2.5g	8.8g
Fibre	3.4g	12g
Fat	4g	14.1g
of which saturated	0.7g	2.4g
Sodium	294mg	1037mg

Allergens: Sulphites, Gluten, Sesame, Tree Nuts, Wheat, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Chickpeas <i>drain & rinse</i>
8g	10g	Fresh Parsley <i>rinse & roughly chop</i>
30ml	40ml	Lemon Juice
3	4	Pita Breads
90ml	125ml	Red Pepper Hummus
125ml	160ml	Pesto Princess Red Pepper Pesto
2	2	Tomatoes <i>rinse & slice 1½ [2] into half-moons</i>
30g	40g	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 pitas. 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!