



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