



# UCCOOK

## Chickpea Pita Pocket

with red pepper hummus

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jenna Peoples

| <b>Nutritional Info</b> | 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:

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

## From Your Kitchen

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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!