



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!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Suné van Zyl

Veggie

Stettyn Wines | Stettyn Family Range Chenin
Blanc 2023

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Ingredients & Prep

240g	Chickpeas <i>drain & rinse</i>
10ml	NOMU Moroccan Rub
2	Pita Breads
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
60g	Pitted Kalamata Olives <i>drain & roughly chop</i>
100g	Cucumber <i>rinse & roughly dice</i>
160g	Baby Tomatoes <i>rinse & roughly chop</i>
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
200ml	Almond Milk
40ml	Paprika Seasoning <i>(10ml Nutritional Yeast, 10ml Smoked Paprika, 5ml Onion Powder, 5ml Garlic Powder & 10ml 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, 4 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