

Cumin Chickpea Flatbreads

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In this simple recipe, chickpeas are combined with cumin, garlic, cherry tomatoes and a red chilli. They are then wrapped in some warm flatbreads and served with a delicious cooling yoghurt dip.

Ingredients:

1 x 400g tin chickpeas
4 floury flatbreads
100g cherry tomatoes
1 tsp. ground cumin
1/2 tsp. turmeric
1 red chilli
Juice of 1/2 a lime
Olive oil
150g yoghurt
1 garlic clove
Handful freshly chopped coriander
Salt and pepper

Directions:

1. Mince the garlic clove and combine the yoghurt, garlic, coriander and salt and pepper in a bowl. Set to one side.
2. Slice the chilli in half. Remove the seeds with the back of your knife then very finely dice the flesh. Halve the tomatoes.
3. Heat the olive oil in a frying pan. Add the chilli, tomatoes, cumin and turmeric. Stir to coat. Cook for a few minutes until warmed through, then crush the chickpeas with your spoon or a fork.
4. Add the lime juice and stir well. Warm the flatbreads and spoon the chickpeas over, then top with the yoghurt mixture and fold up.

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