

Greek Chickpeas On Toast

Serves 4

2 tsp. olive oil
2 shallots, diced
2 cloves garlic, minced
½ tsp. smoked paprika
½ tsp. sweet paprika
½ tsp. brown sugar
1 can (14oz./400g) chopped tomatoes
1 can (14oz./400g) chickpeas, drained
4 slices bread, toasted
handful parsley, to garnish
½ cup (60g) olives, halved, to garnish

What you need to do

1. Heat the olive oil over medium-high heat on a medium pan. Add shallots and cook for 2-3 minutes, then add garlic and cook for another 1-2 minutes.
2. Add all the spices to the pan and mix well. Next add in the chopped tomatoes and 2 tbsp. of water. Simmer on low-medium heat until the sauce has reduced, around 10 minutes.
3. Mix in the drained chickpeas, season with salt, sugar and black pepper and cook for another 5 minutes until warmed through.
4. Serve on the toasted bread with parsley and black olives.



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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	253	8	33	11

*Nutrition per serving

