



Smashed Chickpea Pitta

Serves 1 (contains approximately 360 kcal)

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Ingredients

70g piece cucumber
10g baby spinach leaves
115g tinned chickpeas (drained and rinsed)
2 tablespoons natural yoghurt (3% fat) (30g)

¼ teaspoon ground cumin
1 teaspoon lemon juice
1 wholemeal oval pitta (60g)
salt (optional) and freshly ground black pepper

Method

Cut the cucumber into small dice. Shred the spinach leaves.

Drain the chickpeas and rinse well under cold running water. Tip on to kitchen paper to drain off any excess water completely.

Tip the chickpeas into a bowl and roughly smash with a potato masher. Stir in the yoghurt with the cucumber, cumin and lemon juice.

Season lightly with salt (optional) and freshly ground black pepper. Toast the pitta bread in the toaster for 1 minute until puffed up, then leave until cool enough to handle and split one side open using a sharp knife or scissors.

Use the shredded spinach to fill the pitta, then spoon in the smashed chickpea mixture. Cut in half and arrange on a plate to serve.

*Suitable for vegetarians