

Spiced Roasted Chickpeas

Pois chiches rôtis épicés

30 min

Easy

190 kcal per serving

Snack

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Chickpeas (<i>Pois chiches</i>)	250 g
Olive oil (<i>Huile d'olive</i>)	1 tbsp
Smoked paprika (<i>Paprika fumé</i>)	1 tsp
Cumin (<i>Cumin</i>)	0.5 tsp

Nutrition facts

PER SERVING

Calories	190
Protein	10 g
Carbohydrates	26 g
Fat	6 g
Fiber	7 g

Preparation

- 1 Rinse and drain the chickpeas well, then pat them very dry with a clean towel.
- 2 Heat the oven to 200 C and line a baking tray with baking paper if you have it.
- 3 Put the chickpeas in a bowl with olive oil, smoked paprika, and cumin, then toss until evenly coated.
- 4 Spread the chickpeas in a single layer on the tray so they are not crowded.
- 5 Roast for 20 to 25 minutes, shaking the tray once halfway through, until crisp and golden.
- 6 Let them cool for a few minutes before serving, since they will crisp up more as they cool.

GOOD TO KNOW

Drying the chickpeas very well before roasting helps them become crispier.