Chickpea

Chickpeas are affordable, versatile, and highly nutritious. Chickpeas, also known as garbanzo beans, have been grown and eaten in Middle Eastern countries for thousands of years. As a rich source of vitamins, minerals, and fibre, chickpeas may offer a variety of health benefits, they also have a low GI . Some studies have suggested that the quality of the protein in chickpeas is better than that of other types of legumes.

Chickpea chapati/pancake

Recipe courtesy of Tuo Tao, Accredited Practising Dietitian (APD)

Recipe taken from Dietitians Australia website https://dietitiansaustralia.org.au/recipes

Accredited Practising Dietitians are nutrition professionals with the qualifications and skills to provide expert personalised nutrition and dietary advice.

Prep Time: 5 Mins	Serves 7

Ingredients
1.5 cups chickpea flour
2 cups water
2 eggs (disregard if vegan)
Optional: 3 cloves of garlic, half a small onion, half a cup of coriander leaves and half a cup of spinach leaves

Method:

1. Combine 1.5 cups of chickpea flour and 2 cups of water in a mixing bowl. Beat for 2 minutes until all the lumps disappear.
2. Add 2 eggs to the mixture and beat until the eggs are fully beaten (ignore this step if you are a vegan).
3. Place a 20-22cm non-stick frying pan on high heat. When the pan is hot, add 1 tsp of olive oil to the pan, then pour a thin layer of the mixture into the pan (regular roti thickness) and shake the pan so that the mixture covers the frying pan nicely.
4. Cook for 30 seconds on each side or until the chapatis are cooked through. Repeat this step until you finish the mixture.

Optional: Dice 3 cloves of garlic, half a small onion, half a cup of coriander leaves and half a cup of spinach leaves. Lightly pan fry the mixture with 1 teaspoon of olive oil for 1 minute. Add it to the water chickpea mixture for extra flavour.

Nutrition

Engery	362 kj (86 calories)
Protein	6g
Saturated Fat	0.5g
Total Fat	2g
Carbohydrates	8g

Sugars   1g
Dietary Fibre   5g
Sodium   27mg
Nutritional information is provided per serve