

# Spicy Roasted Chickpeas With Rosemary And Sumac

🕒 45 - 60 Mins



1 tin chickpeas

3 sprigs rosemary

1 tsp sumac

1 tsp cumin

1/2 tsp chilli flakes

2 tsp oil (coconut or rice bran)





**Preparation**

Heat the oven to 180°C / 350°F / Gas Mark 4.

**Cooking Instructions**

- Drain and rinse the chickpeas and set about peeling them (I think it's worth it, for extra crunch). Shaking them in a colander or rolling between sheets of kitchen paper seems to help loosen the skins.
- Either place all of the ingredients in a bowl and mix them together until the chickpeas are nicely coated, or make a little bag with parchment paper to shake it all together (making sure you've gathered all the edges together!). My preferred method is to use the parchment paper, as it means you're not left with an oily bowl to wash up.
- Spread the chickpeas out on a sheet of parchment paper on a baking tray. I use the same sheet of paper from step 3. 5. Cook for 20 minutes, give them a little shake, then cook for a further 20 minutes.