



## CHICKPEAS



Looking to add more high-quality, plant-based protein into your diet?

Try some chickpeas!

Chickpeas are an excellent protein source and healthy substitute for meat, which is higher in cholesterol and acidity. These tasty legumes are loaded with iron, magnesium, potassium, B vitamins, and soluble fibre.

I personally love chickpeas, but let's face it, they take a while to cook. When I cook something like chickpeas I want to get a return of the time I invest. So I always cook more than I need so I can use the left overs for days to come in a variety of ways. When we are eating more plant-based whole foods we need to always be thinking of how we can make life easier for ourselves – by cooking more legumes and/grains then you need, and then coming up with great ways to use the leftovers, you will save both time and money.

Below are 3 of my favourite ways to use leftover chickpeas (other than hummus!). But first we need to talk about how to cook the chickpeas.



## HOW TO COOK WITH DRY CHICKPEAS

1. Rinse.
2. Soak for 8 hours or overnight.
3. Drain and rinse the peas.
4. Place the peas in a heavy pot and add 4 cups of water to 1 cup of chickpeas.
5. Bring to a full boil and skim off the foam.
6. Cover and let simmer.
7. Check them after 40 minutes of constant boiling.
8. Add 2 teaspoons of unrefined sea salt 10 minutes before the end of cooking time. Beans should be tender and soft to squeeze when finished – give them a taste and make sure all of the “nuttiness” is gone.
9. Strain.

**Now, here’s how you can use your leftover chickpeas:**

## THE BEST “CHICKPEA-TUNA” SANGA EVER

**Ingredients** – makes 2 sangas (btw, for you non-Aussies, sanga means sandwich)

- 1 cup of cooked chickpeas
- 2 tablespoons of homemade, or organic, mayonnaise
- ¼ red onion finely sliced
- 1 tablespoon of baby capers
- 1 small handful of roughly chopped Italian parsley
- Zest and juice of half a lemon
- Salt and pepper to taste
- 4 slices of organic, sprouted bread
- ½ bunch of watercress
- 1 avocado (or half of a big one)

### Method

- Place the chickpeas in a bowl and roughly mash them with a potato masher or the back of a fork.
- Add the onion, parsley, capers, lemon and mayonnaise to the chickpeas. Check for seasoning and adjust accordingly.
- Spread the chickpea mix out onto a piece of bread, top with some sliced avocado and watercress. Put on the lid and Bob’s ya uncle!

**P.S Keep your eyes peeled on my Wholly Human Instagram page – @[wholly\\_human](#) – I am going to share my favourite recipe for homemade mayonnaise.**



## CHICKPEA CHIPS

- Preheat the oven to 200 degrees C
- Take 1½ cups of cooked chickpeas and toss them with 1 tablespoon of coconut oil, a pinch of salt and pepper, ½ teaspoon of turmeric powder and ½ teaspoon of cumin seeds.
- Bake them in the oven for about 30 – 40 minutes, or until they go super crispy and dry (without burning)
- Store in an airtight container in the cupboard for up to a week.

## CHICKPEA LEEK AND PARMESAN SOUP

### Ingredients – serves 6 comfortably

- 4 brown onions
- 2 big leeks
- 2 cloves of garlic
- 2 sprigs of rosemary
- 3 tablespoons of olive oil
- 2 tablespoons of organic butter
- 4 cups of cooked chickpeas
- 4 medium-sized potatoes
- 1 cup of grated parmesan cheese
- Salt and pepper

### To Serve

- Toasted pine nuts
- 2 tablespoons of baby capers, rinsed and chopped
- 3 tablespoons of chopped parsley
- Juice of ½ lemon
- Extra parmesan and olive oil

### Method

- Finely slice the onions and the garlic.
- Cut off the green tops of the leeks and also the beards (the furry little roots down the bottom). Slice the leeks in half and give them a rinse to wash out any dirt that might be hiding between the layers. Then slice them up as well.
- Heat a large soup pot up with the olive oil and butter - add in the onions, garlic, leeks, rosemary and a pinch of salt and pepper.



- Cook slowly for about 10 minutes until it all softens and becomes sweet and sticky.
- Add in the chickpeas, the roughly chopped potatoes, a little more salt and pepper and stir around for a couple more minutes, combining all of the flavors.
- Cover the mix by 3 inches with cold water, bring it to the boil, then turn it down and simmer really gently for at least an hour.
- If it gets too thick just add some more water.
- Add in the parmesan right at the end.
- Have a taste for seasoning (salt and pepper) and adjust accordingly.

**To Serve**

- In a small bowl combine the lemon juice, chopped capers and parsley with just enough olive oil to bring the ingredients together.
- Finish each soup with a tablespoon of the tangy, salty parsley mixture above – and a few of the toasted pine nuts AND a little bit of extra parmesan cheese. YUM!