



EASY

**WIGGLY**  
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# CORONATION CHICKPEA

(perfect as a sandwich or jacket potato filling)



## METHOD

1. Drain the chickpeas and pat the chickpeas dry using kitchen paper.
2. Slice your onion finely.
3. Mix the onion, chickpea, oil, and curry powder. Place onto a tray and roast for 15 mins in an oven for 180c.
4. Once roasted allow to cool and then combine with the mayonnaise, lemon juice and mango chutney.

Season with salt and pepper if required.

## INGREDIENTS (serves 4)



400g Can chickpeas, drained and rinsed  
4 tbsp Mayonnaise (or vegan alternative)  
2 tbsp Oil  
2 tbsp Mango chutney  
3 tsp Mild curry powder  
1/2 Lemon, juiced  
50g Raisins  
1 Small white onion, finely sliced  
Salt and pepper to taste

## NUTRITION INFORMATION

	<b>per 100g</b>
Energy	883kJ/212kcal
Fat	12g
of which saturates	0.9g
Carbohydrate	17g
of which sugars	7.8g
Protein	5.2g
Salt	0.18g