

Roasted flavoured Chickpeas

Ingredients

1 x 400g can chickpeas

1 tsp olive oil (alternative oil can be used dependent on preference)

1tsp garlic powder

1 tsp Cajun powder (other spices can be used dependent on flavour preference)

Salt and pepper to taste

Method

1. Drain a can of chickpeas and rinse
2. Pour the chickpeas onto a baking tray
3. Pat the chickpeas dry with kitchen roll
4. In a large mixing bowl, add the chickpeas, olive oil, garlic powder, Cajun powder and seasoning. Mix together until all chickpeas are coated
5. Pour into air fryer basket and air fry for 12-15 mins at 180°C tossing the basket occasionally. Alternatively, pour back onto a baking tray and bake for 20-30 mins at 180°C in the oven



