

spiced chickpea dip



- 2 cans (400 g each) chickpeas, rinsed and drained
- 1 can (400 g) chopped tomatoes in rich tomato juice
- 2 teaspoons lemon juice
- 1 small onion, finely chopped
- 1 tablespoon olive oil
- 1 tablespoon (peeled) finely chopped or finely grated fresh root ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- ½ teaspoon cayenne pepper
- Toasted pine nuts, natural yogurt and snipped fresh parsley, to garnish (optional)
- Baked Pitta Crisps* (optional, see below)

1 Preheat oven to 180°C/fan 160°C/Gas 4. In **Classic Batter Bowl**, combine chickpeas, tomatoes and lemon juice; set aside. Finely chop onion using **Food Chopper**; set aside.

2 Heat olive oil in **Executive 24-cm Skillet** over medium heat until hot. Add root ginger, cinnamon, cumin and cayenne pepper. Toast spices, stirring continuously with **Bamboo Spoon**, about 30 seconds or until fragrant. Add onion; cook an additional 3–5 minutes or until onion is softened. Add onion mixture to batter bowl; coarsely mash using **Mix 'N Masher**.

3 Transfer chickpea mixture to **Mini-Baker**; bake 20–25 minutes or until hot. Remove from oven; garnish with pine nuts, yogurt and parsley, if desired. Serve with *Baked Pitta Crisps*, if desired.

Serves 12

chef's corner

Toasting the spices intensifies their flavours and infuses them throughout the dish. This technique is commonly used in Indian cookery to bring out and enhance the flavour of a variety of spices.

Slightly increase (by ½ teaspoon or so) the quantities of the ground spices, to suit your taste, if desired.

Rinse and drain canned chickpeas using **Strainer**.

Baked Pitta Crisps

For Baked Pitta Crisps, preheat oven to 200°C/fan 180°C/Gas 6. Cut 4 standard white or wholemeal pitta breads in half horizontally. Cut each half into 8 triangles. Arrange in single layer on **Medium Round Stone with Handles**. Bake 8–10 minutes or until lightly browned. Transfer to **Stackable Cooling Rack**; cool completely. Repeat until all crisps are baked.

Makes 64 crisps