

Perfectly Dry Roasted Chickpeas

Oscar · 28/09/2024



Prep Time

2 hrs 45 mins

Difficult

Easy

Servings

3 hrs 30 mins

Description

Roasting these without oil or salts first lets them crisp up perfectly Letting them cool in the oven is crucial to the crunch factor Season with a teaspoon of your favourite flavours combine sea salt with pepper garlic powder chili powder chipotle cayenne pepper curry powder lemon pepper or anything you like

Ingredients

- - 1 (15 ounce) can chickpeas (garbanzo beans)
- drained and rinsed - 1 teaspoon mixed spice - sea salt to taste

Instructions

1. Spread chickpeas on paper towels; allow to air dry completely
2. about 45 minutes. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper. Spread chickpeas on prepared baking sheet. Bake in the preheated oven until golden
3. about 40 minutes
4. shaking pan every 10 minutes. Remove chickpeas from oven; toss with mixed spice and salt. Place chickpeas back into the oven; turn oven off until completely cold
5. about 2 hours or up to overnight.