



CHICKPEA GYROS

Chickpea gyros with homemade garlic sauce are ready in just 15 minutes! You just need a few fresh vegetables and a handful of pantry staples to get dinner on the table in minutes.

INGREDIENTS

- 1 ½ tablespoons olive oil, divided
- 1 cup or 1 can of chickpeas, rinsed, drained, and dried
- ¼ teaspoon garlic powder
- ¼ teaspoon dried thyme
- ¼ teaspoon dried oregano
- ½ teaspoon paprika
- 2 tablespoons plain Greek yoghurt
- 1 clove garlic, minced
- 1 teaspoon mixed herbs (or Italian seasoning)
- Salt & pepper to taste
- ½ small cucumber, sliced
- 1 small tomato, sliced
- few salad leaves
- 2 whole-wheat pitas / or wraps

PORTIONS: 2

PREP TIME: 5 MIN

COOK TIME: 10 MINS

TOTAL TIME: 15 MINS

AVERAGE COST PER RECIPE

(AT HANDAM): BELOW £4

DIRECTIONS

1. In a large skillet over high heat, add 1 tablespoon of olive oil and chickpeas and stir until the chickpeas are well coated with the olive oil.
2. Immediately add the garlic powder, thyme, oregano, paprika. Continue to cook on medium-high heat for 9-10 minutes, stirring occasionally, until the chickpeas are golden brown.
3. While the chickpeas are cooking, prepare your toppings.
4. To make the garlic sauce, stir together the Greek yoghurt, minced garlic, mixed herbs, salt and pepper.
5. Once the chickpeas are cooked, assemble each pita with the sauce, topped with cucumber slices, tomato slices, and salad leaves
6. Add the warm chickpeas and serve immediately.

You can add other veg if you wish: sweetcorn, cabbage, grated carrot, sliced onion



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