Vegan chickpea wraps

for the flatbread:
120g plain flour (use gluten free flour if preferred)
1 tsp baking powder
½ tsp sea salt
200ml water
a small amount of butter, to grease pan

for the chickpeas:
250g tinned chickpeas (drained weight)
½ tbsp extra virgin olive oil
½ garlic clove, minced
½ tsp sea salt
½ tsp ground cumin
a small pinch of black pepper

for the filling:
1 vine-ripened tomato, sliced
100g ripe avocado, sliced
¼ small red onion, sliced
30g spinach or lettuce leaves

SERVES 2

Drain and rinse the chickpeas and pat dry with kitchen roll.

Place the chickpea ingredients in a food processor (or use an immersion hand blender). Blend well until to form a crumb-like consistency. Taste and add more seasoning if required.

Place the flatbread ingredients in a bowl. Mix well until smooth.

Lightly grease a large frying pan with melted butter. Pour half of the flour mixture into the frying pan and cook for 2-3 minutes, or until bubbles appear on the surface. Turn over and cook for 2-3 minutes. Transfer to a plate.

Repeat steps with remaining mixture.

Spread the chickpea paste across the centre of each flatbread. Add the remaining fillings. Wrap the flatbreads up and slice in half. Serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.

PER SERVING:
515 Calories
69g Carbs
17g Protein
19g Fat