

# Air-Fried Spiced Chickpeas

Recipe by Lyndey Milan

Makes: 1 ¼ cups

## Ingredients

- 1 x 400 g chickpeas, drained and rinsed
- 1 tablespoon (20ml) extra virgin olive oil
- 1 teaspoon smoked paprika
- ½ teaspoon ground cumin
- ½ - 1 teaspoon salt flakes, or to taste
- Pinch of cayenne pepper or chilli powder (optional)

## Method

1. In a bowl or plastic bag, toss together the chickpeas, olive oil, paprika, cumin, the 1 teaspoon salt and the cayenne if you want the extra kick of heat.
2. Place the chickpeas in the Airfryer basket and slide into the Airfryer. Cook until the chickpeas are golden and slightly crisp, 10 minutes, or 15 minutes for really crisp.
3. Transfer the chickpeas to a bowl and serve warm or at room temperature or add to salads.  
Store in an airtight container.

# Spiced Chickpea, Pumpkin & Spinach Salad

Recipe by Lyndey Milan

Serves: 4

## Ingredients

- 700g butternut pumpkin, peeled, seeded, cut in 2-3cm chunks
- 1 ½ tablespoons (30ml) extra virgin olive oil
- 1 teaspoon Dijon mustard
- 1 tablespoon (20ml) apple cider vinegar
- Pinch sugar (optional)
- Salt and freshly ground black pepper to taste
- 200g baby spinach leaves
- 1 red onion, finely sliced
- 120g soft goats curd cheese or fetta, crumbled
- 1 ¼ cups air-fried chickpeas (recipe above)



## Method

1. Toss pumpkin with 2 teaspoons (10ml) oil and place into the Airfryer basket. Side into the Airfryer and cook on 200°C for 10 minutes.
2. Meanwhile, combine remaining oil with mustard, vinegar, sugar, salt and pepper in a bowl or screw-top jar and shake until well combined or whisk together in a bowl.
3. Place spinach leaves in a bowl, top with onion and cheese and toss gently with the dressing.
4. To serve, individually plate the salad and then top with the pumpkin and chickpeas.