



Chickpea nuggets

Equipment

- Measuring cups & spoons
- Food processor
- Mixing bowl
- Baking tray
- Baking paper

What to do

Preheat oven to 175° degrees.

Task 1 : Prepare and combine the ingredients

Drain chickpeas.
Pour the drained chickpeas into a food processor and process for a few seconds.
Then add tamari, garlic powder, onion flakes and 1 tbsp corn crumbs. Process a few more seconds.
Everything will be well mixed and chunky texture.
Scoop up teaspoon sized globs and roll them into balls then smash them into nugget shape.
Pour corn crumbs into a bowl and coat each nugget with the corn crumbs.

Ingredients

- 1 can chickpeas, drained
- 1 tbsp tamari
- ½ tsp garlic powder
- 1 tsp granulated onion
- 1/2 cup corn crumbs

Task 2 : Bake and serve

Cover a baking tray with baking paper. Lay each nugget on the parchment but don't let them touch.
Bake for 20 minutes, then flip and bake for 10 more.
Allow nuggets to cool before eating.

