

## **CHICKPEAS & GARLIC OIL**

**Time: 15 minutes**

**Serves: 4**

### **Ingredients:**

2 tablespoons extra-virgin olive oil  
8 cloves garlic – roughly-chopped  
2 19-ounce cans chickpeas – rinsed and drained  
¼ cup cilantro leaves – finely chopped  
¾ teaspoon kosher salt  
1 pinch red pepper flakes

### **Preparation:**

Place a small pot with the oil on medium heat and add the garlic. Cook, stirring occasionally until the garlic just begins to brown. Remove from heat.

Strain the garlic oil over the chickpeas.

Toss with the cilantro, salt and pepper flakes.

Serve immediately or chilled.

### **Nutritional Information Per Serving:**

Calories: 271  
Fat: 11g  
Carbs: 34g  
Fibre: 10g  
Protein: 11g