

Chickpea Focaccia (GF)

Recipe by Claire Sambolino
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	859 kj	10%
Energy (kcal)	204 kcal	10%
Fat	5.8 g	8%
<i>of which saturates</i>	0.7 g	4%
Carbohydrate	24 g	9%
<i>of which sugars</i>	1.1 g	1%
Fibre	5.4 g	22%
Protein	11 g	22%
Salt	1.4g	23%

Generated by Nutritics v5.62 on 7th Feb 2021

Ingredients:

400g chickpea flour
400g tin chickpeas (drained and roughly mashed),
12g salt,
260ml water,
2 tbsp olive oil,
1½ tsp bicarbonate of soda
Optional: chopped rosemary or sage

METHOD & COOKING TIME: 15 mins prep + >20 mins bake

1. Place flour and mashed chickpeas in a large mixing bowl.
2. Add in the salt, bicarbonate, chopped herbs, water and oil and mix using a large metal spoon until all the ingredients are well combined.
3. This is a wet dough so there is no need to knead.
4. Place a small amount of oil into a silicon baking tray (enough to cover the base) and transfer the dough mix into the tray. Press level with wetted fingers
5. Bake in the centre of a hot oven 240C/220Cfan/gas 7 for 15-18 minutes or until golden.
6. Check the edges of the focaccia come away from the tray. If the mix is still wet continue cooking for a further few minutes until cooked through.
7. Leave to cool fully before removing from the tray.
8. Store in an airtight container. Keeps 3-5 days.

ALLERGENS



MODIFY

Can also be made with Maize / polenta flour and tinned sweetcorn

CREDIT

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