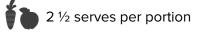
Crunchy Chickpea Pies

Serves: 4 Prep time: 5 minutes Cook time: 30 minutes



Ingredients

1 large onion, diced
100g bacon, fat trimmed and diced
2 teaspoons classic pesto
1 teaspoon Korma curry paste, mild
400g can chickpeas, reduced salt, drained and rinsed
400g can diced tomatoes, salt reduced
1 cup cornflakes, crushed
1 cup cheese, reduced fat, grated



PREHEAT oven to 160°C.

HEAT a frying pan with a drizzle of olive oil and fry onion and bacon for 5 minutes. Remove from heat and transfer to a large bowl.

DISSOLVE pesto and curry paste in 1 teaspoon of hot water.

ADD chickpeas, tomatoes, and pesto mix to the bowl with the onion and bacon in it. Mix well. PLACE mixture into 4 large ramekins (with about a 1 cup capacity).

COMBINE corn flakes with grated cheese and top each ramekin with a quarter of the mixture. BAKE for 30 minutes.

Recipe courtesy of Marjorie Shannen, Springsure Branch



