

## Crunchy Chickpea Pies

**Serves:** 4

**Prep time:** 5 minutes

**Cook time:** 30 minutes



2 ½ serves per portion

### 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

### Method

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.



Everyday Food

*Recipe courtesy of Marjorie Shannen, Springsure Branch*