

Orange, Chickpea and Pistachio Cake

Serves: 12

Prep time: 15 minutes

Cook time: 2 hours 50 minutes

 ½ serve per portion

Ingredients

2 oranges, washed, skin on

1 cup pistachio nuts

400g can chickpeas, rinsed and drained

¾ cup caster sugar

4 eggs

½ cup flour, plain

1 teaspoon baking powder



Discretionary Food

Method

PLACE oranges in a small saucepan and cover with cold water. Cover the oranges with a piece of baking paper then set a plate on top (or any other suitable weight) to keep them submerged in the water.

BRING to the boil then reduce the heat and simmer for two hours. Remove from heat and allow to cool.

PREHEAT oven to 170°C and line a 22cm springform cake tin with baking paper.

CUT the orange into segments, remove the seeds then blend in a food processor (with the skin on) until smooth. Set aside.

PROCESS the pistachios and chickpeas separately in the food processor to a fine a crumb.

WHISK sugar and eggs in a large bowl until pale and slightly thickened.

FOLD in the orange puree, pistachios, chickpeas, flour and baking powder.

SPOON batter into prepared tin and bake in the oven for 50 minutes.

REMOVE cake from tin once cooled.

Optional: Serve with a side of yoghurt.

Recipe courtesy of the Country Kitchens team