

Pantry Spiced Chickpeas with Aquafaba Flatbread

Recipe by Joel Gamoran ([@joelgamoran](#))

Many people have told me they don't know what to do with those chickpeas! Using ingredients, you already have like tomatoes or a tomato sauce, leafy greens, vegetable oil, onion, any peppers or a couple spices and Morton® Coarse Kosher Salt, we can easily create a delicious meal. Paired with my expired aquafaba flatbread, you'll have an exciting dish in minutes!

I love using Morton® Fine Sea Salt because it dissolves so efficiently and evenly making it perfect for baking, as well as using Morton® Coarse Kosher Salt to bring out a crunch and add extra texture to this recipe.

Prep Time: 10 minutes

Cooking Time: 15 minutes

Serves: 2-3

Ingredients

Spiced Chickpeas

1. 2 tablespoons butter
2. 2 cans (14 ounces each) chickpeas rinsed and drained *remember to save the aquafaba (the liquid you are left with after draining the chickpeas) for the flatbread.
3. 1 medium yellow onion, chopped
4. 2 cups leftover veggies (i.e. frozen peas, canned artichokes, wilted lettuce, etc.)
5. ¼ teaspoon Morton® Coarse Kosher Salt, then to taste
6. 5 cloves garlic, pressed or minced (about 1 tablespoon)
7. 2 tablespoons curry powder
8. Pinch of cayenne pepper (optional!)
9. 1 can (14 ounces) crushed tomatoes
10. 1 can (8 ounces) coconut milk (water will work too!)
11. Lemon wedges, for garnish
12. Fresh cilantro, for garnish (optional)

Aquafaba Flatbread

- 1.5 cups all-purpose flour
1. ¾ cup of aquafaba
 2. 1 teaspoon baking powder
 3. 4 teaspoons butter, melted and divided
 4. ¼ teaspoon Morton® Coarse Kosher Salt
 5. ½ teaspoon of Morton® Fine Sea Salt

Instructions:

Spiced Chickpeas

1. Over a high heat in a large skillet melt your butter.
2. Add the drained chickpeas and big pinch of Morton® Coarse Kosher Salt.
3. Using the back of the spoon to crush ¼ of the chickpeas so they open up.
4. Add your onion, veggies and garlic and cook for about 1 minute or until warm through.
5. Next add the curry powder, cayenne and toast until fragrant, about one minute.
6. Pour in the tomatoes and coconut milk and simmer until thick for about 3-5 minutes.
7. Season to taste with Morton® Coarse Kosher Salt. Finish with torn cilantro and tons of lemon!
8. Serve hot with Aquafaba Flatbread.

Aquafaba Flatbread:

1. In a large bowl, add flour, aquafaba, melted butter baking powder, a large pinch of Morton® Coarse Kosher Salt. Mix well with your hands to form a dough. If it's too dry add more aquafaba, if it's too wet add more flour. Set aside for just a moment.
2. Roll flatbread dough. Flop your dough onto a lightly floured surface. Divide the dough into 3 balls, then roll each ball out to about ½" thick. Rub each flatbread with a bit of more butter and a sprinkling of Morton® Fine Sea Salt.
3. Place the flatbreads, seasoned side down, into the grill pan (you might have to do each one separately depending on pan size). Rub a bit of oil onto the top side as well. After about two minutes, flip your flatbread to the other side, you should see some light grill marks.
4. Grill on this side for another minute or two and remove from the pan.
5. Serve hot with the Spiced Chickpeas.