

Stuffed Pitta Pockets

Delicious filled pitta breads that can be prepared in no time!

Kidney beans are rich in protein, high in fibre and usually eaten well cooked. You can make the hummus with a blender or a potato masher if you have them, but a sturdy fork works just as well!

Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.



Equipment you will need:

- Tin opener
- Chopping board
- Sharp knife
- Mixing bowl
- 3 x Spoons
- Fork
- Microwave-safe bowl
- Microwave-safe plate
- Kitchen roll
- Oven gloves
- Sieve

Ingredients (allergens highlighted in bold):

Pitta Pockets:

- 400g tinned kidney beans
- Pitta bread (**gluten**)
- 1 tsp garam masala
- Jar of roasted peppers (or 1 x fresh pepper)
- 1 tsp ground cumin
- 1 tsp dried parsley

Sumac Hummus:

- 400g tinned chickpeas
- 1 tsp sumac
- 5 tbsp oil
- Garlic
- Lemon
- 2-4 tbsp water

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

Remember!

How fast your microwave cooks will vary from model to model.

Find other recipes at: [mayorsfundforlondon.org.uk/kitchen-social/take-and-make](https://www.mayorsfundforlondon.org.uk/kitchen-social/take-and-make)
Share your feedback in our survey: www.surveymonkey.co.uk/r/TakeandMake

Instructions:

1. Open and drain the tin of the chickpeas, rinsing them in a sieve under running water for 10 seconds. Place into a mixing bowl.
2. Peel both garlic cloves and finely chop into small pieces.
3. Slice the lemon in half and squeeze the juice of one half into the bowl with chickpeas. Add the cumin, sumac, half of the chopped garlic and roughly half the oil. Either mash with a fork or potato masher or add to a food processor and blend until creamy. You can add 2-4 tbsp of water to the mixture to loosen if needed. Now your hummus is ready.
4. Drain and rinse the kidney beans, then place them in a microwave-safe bowl.
5. Sprinkle the rest of the garlic over the kidney beans along with the garam masala and remaining half of the oil. Mix this well until the oil and garlic evenly cover the kidney beans.
6. Microwave the kidney beans for 1 minute at full power. Take the bowl out carefully using oven gloves, stir and repeat for a further minute. If you like them crispy you can microwave for an extra 1 minute.
7. Using a fork, take out 5-6 strips of grilled pepper from the jar and chop into small pieces. If you are using a fresh pepper, cut out the seeds and slice the pepper into thin strips. Add these to your pittas for a nice crunch!
8. Begin preparing your pitta. Place them on a microwave safe plate and microwave for 10-15 seconds at full power. Once they are warm, half them with a knife to create 2 pitta pockets from each pitta.
9. Open up each pocket and spread inside 1-2 tbsp of the hummus. Sprinkle a pinch of dried parsley on top of the hummus. Add the peppers and curried kidney beans into each pocket and serve!

You could sprinkle some more of the dried parsley on top of each pitta for an extra touch of colour and flavour.

Enjoy!



Top Tip! The pittas can be really hot when coming out of the microwave - so be careful not to burn yourself! Use oven gloves or ask an adult to help you.