

Chickpea Tortilla Filling

Ingredients

- 1 can of chickpeas
- 1/2 cup green split peas, soaked
- 1/2 onion, finely chopped
- 1 capsicum, finely chopped
- 2 tsp olive oil
- 1 tsp garlic
- 1 tsp lemon juice
- 1/2 tsp salt
- 1/2 tsp oregano
- 1/2 tsp smoked paprika

Method

1. Mix all together, can store in fridge before cooking.
2. Fry until warm and soft.
3. Line a tortilla with spinach, top with chickpea mix, wrap and eat.

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