Warm Chickpea and Tahini Pitas

2 filled pitas · Active 20 min · Total 25 min

Skills: Easy

Ingredients

- 1 can chickpeas (15 oz/425 g), drained and rinsed
- 2 teaspoons olive oil (10 ml)
- 1 small garlic clove, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon fine salt
- 3 tablespoons water (45 ml), divided, plus teaspoons if needed
- 2 tablespoons tahini (30 g)
- 1 tablespoon lemon juice (15 ml)
- 2 large pitas, about 7 inches across
- 1/2 English cucumber, cut into thin sticks (150 g)
- 1 medium tomato, diced (150 g)
- 2 tablespoons chopped parsley

Set out

10-inch skillet, Fork and bowl, Small whisk, Small sauce cup

Allergens

Wheat, Sesame. Check labels and substitutions.

Make it

1. Mash about half the chickpeas roughly with a fork, leaving the rest whole.

2. Heat oil in the skillet over medium heat. Stir in garlic and cumin for 30 seconds, then add chickpeas, salt and 1 tablespoon water. Cook for 5–6 minutes, stirring, until hot throughout. Add a teaspoon of water if the mixture dries.

3. Whisk tahini with lemon juice, then gradually whisk in the remaining 2 tablespoons water until creamy and pourable.

4. Warm pitas briefly in the dry side of the skillet or according to the package, then open them carefully.

5. Divide warm chickpeas, cucumber and tomato between pitas. Scatter with parsley and serve the tahini sauce alongside.

Keep wet and dry components apart

A small sauce cup and two pitas occupy less refrigerator space than two assembled sandwiches. Store the cut vegetables in one shallow box, keeping any tomato juice away from the bread until the meal is served.

A useful detail

A pita can be too fragile to open into a pocket. In that case, lay the filling on top and fold it like a flatbread rather than tearing the bread apart.

Keep it well

Refrigerate chickpeas, sauce and cut vegetables separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat chickpeas to 165°F/74°C; keep sauce and vegetables cold. Assemble only when ready to eat.