Crispy Chickpea Wraps

Warm smoky chickpeas, crisp vegetables and a bright yogurt sauce, all tucked into soft tortillas.

Prep 10 min **Cook** 12 min **Serves** 3

Ingredients

- ☐ 1 can (15 oz) chickpeas, drained and rinsed
- ☐ 1 tbsp olive oil
- ☐ ½ tsp smoked paprika
- ☐ ½ tsp ground cumin
- ☐ ¼ tsp salt
- ☐ 3 medium tortillas
- ☐ 1 cup shredded lettuce
- ☐ ½ cucumber, sliced
- ☐ ½ cup plain yogurt
- ☐ 1 tbsp lemon juice
- ☐ 1 garlic clove, grated



Spoon & Joy recipe illustration.

Before you start

Fill just before serving
Keep the yogurt sauce and cucumber away from the tortillas until you are ready to roll. They soften the bread if left assembled.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Dry the chickpeas thoroughly with a towel.

2. Heat oil in a skillet, then add chickpeas, smoked paprika, cumin and salt.

3. Cook for 8-10 minutes over medium heat, stirring occasionally, until lightly browned.

4. Stir yogurt, lemon juice and garlic into a sauce.

5. Warm tortillas and fill with lettuce, cucumber, chickpeas and sauce. Roll firmly and serve.

Storage & making ahead

Keep chickpeas, sauce and vegetables separately refrigerated. Assemble wraps just before serving.

A useful variation Try pickled onions, diced tomato or avocado for variation. Dry chickpeas brown better.

Read this recipe on Spoon & Joy