

Toasted chickpeas, avocado and tahini toast

Search:

- [Recipes](#)

Toasted chickpeas, avocado and tahini toast

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js =  
d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1";  
fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.cre  
ateElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,  
fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true;  
po.src = 'https://apis.google.com/js/plusone.js'; var s =  
document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Toasted chickpeas, avocado and tahini toast



Rate this recipe

1 person is cooking this [Count me in](#)

Put a spring back into your regular breakfasts with this posh toast idea.

Ingredients (serves 4)

- 210 g tin chickpeas, rinsed and drained
- 1 tbsp olive oil
- $\frac{1}{4}$ tsp ground cumin
- $\frac{1}{4}$ tsp smoked paprika
- Few pinches allspice
- 2 tbsp tahini
- 1 tbsp lemon juice
- 4 slices seeded or rye bread
- 2 ripe avocados, peeled, stone removed, and sliced
- $\frac{1}{2}$ small red onion, finely chopped
- few sprigs dill, roughly chopped
- salt and freshly ground black pepper

Method

Preheat the oven to 180°C. Use a clean tea towel to dry the chickpeas really well. Tip onto a lipped baking tray and bake for 10 minutes. Remove from the oven and drizzle with $\frac{1}{2}$ tbsp of the oil. Scatter over the spices, season with salt and pepper and toss to coat. Return to the oven for 10

Toasted chickpeas, avocado and tahini toast

minutes, or until golden and crispy, giving them a shake halfway through.

Meanwhile, make the tahini dressing. In a bowl, combine the tahini, lemon juice, remaining oil, a little salt and 2 to 3 tbsp cold water to make a fluid but not too runny dressing.

Toast the slices of bread. Spread a spoonful of the dressing over each slice of toast. Top with the avocado slices, a little red onion, the sprouts and toasted chickpeas.

Drizzle over the remaining dressing and scatter over the dill.

Recipe is an edited extract from [Posh Toast: Over 70 Recipes for Glorious Things - On Toast](#) by Emily Kydd and Louise Hagger.

NEXT: [Pumpkin pie pancakes](#).

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```