

## Toasted chickpeas, avocado and tahini toast

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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

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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](#).

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