

# FETA, KALE & CHICKPEAS POCKETS





### **INGREDIENTS:**

- > 200 Tzatziki
- > 200g Hummus
- > 200g Danish Feta
- > 1 Lebanese Bread x 7
- > 400g Chickpeas
- > 1 Tsp Ground Cumin
- > 1/2 Kale Bunch
- > 1 Red Onion

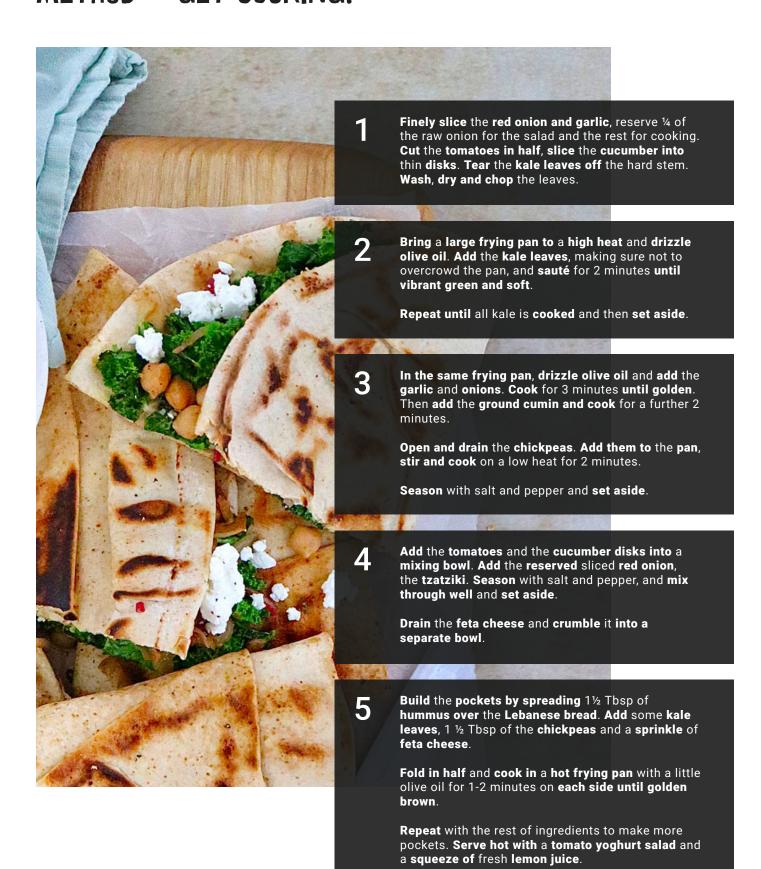
- > 200g Tomatoes
- > 1 Lebanese cucumber
- > 1 Lemon
- > 2 Garlic Cloves

## WHAT YOU'LL NEED FROM YOUR PANTRY:

> Salt and Pepper

> Olive Oil

## METHOD - GET COOKING!



#### CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Do not overcrowd the pan while cooking the kale. It is better to do it in 2 or 3 batches.
- Use leftover Cumin on any Mediterranean dish.

