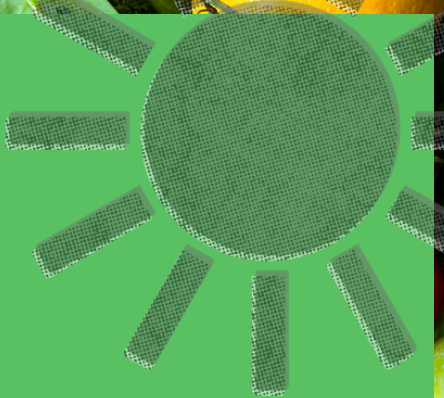


Pantry to Plate presents...

retreat dinner



by the 2026/27 FTO Team

ingredients

- 1 can of chickpeas
- 1-2 cups long-grain rice
- 1 medium brown onion
- Optional: vegetables (we used mushrooms, but also recommend bell peppers)
- Splash of a neutral oil (i.e. vegetable oil, sunflower oil, etc)
- ½ garlic bulb or 1 heaped tbsp of garlic paste (we love garlic)
- Spices – chilli pepper, paprika, salt, dried coriander
- 1 can of chopped tomatoes
- 1 vegetable stock cube

method

Crispy chickpeas:

1. Preheat your oven to 180°C.
2. Take the can of chickpeas and separate the liquid into a tub to be saved for another recipe and the chickpeas into a sieve to rinse.
3. Line a tray with baking paper. Place the chickpeas onto the prepared baking tray and add your desired amount of salt and paprika to the chickpeas, then use a clean hand to mix them all together and create a flat layer of spicy chickpeas.
4. Pop them in the oven for 15 minutes, then take the chickpeas out and use a fork to move them all around before popping back in the oven for another 15 minutes.

Rice:

1. Prepare the rice in line with the guidelines on the packaging (there's both a microwavable option and a hob option) – remember to properly wash the rice before cooking it!!

Sauce:

1. Slice and dice the onion into small cubes and finely chop the garlic.
2. OPTIONAL: if adding fresh veg, prepare that at this stage too by slicing and dicing them into small cubes.
3. Add a splash of oil into a pan and put it on medium heat on the hob.
4. Once the pan's heated up, add the onion and gently stir until it's softened and the colour has become translucent.
5. Add the garlic, red chilli powder, paprika, dried coriander, and salt, then give it all a stir (tip: make sure none of the spices are stuck to the pan or they could burn).
6. OPTIONAL: If you wanted to add some fresh veg, add that in here too.

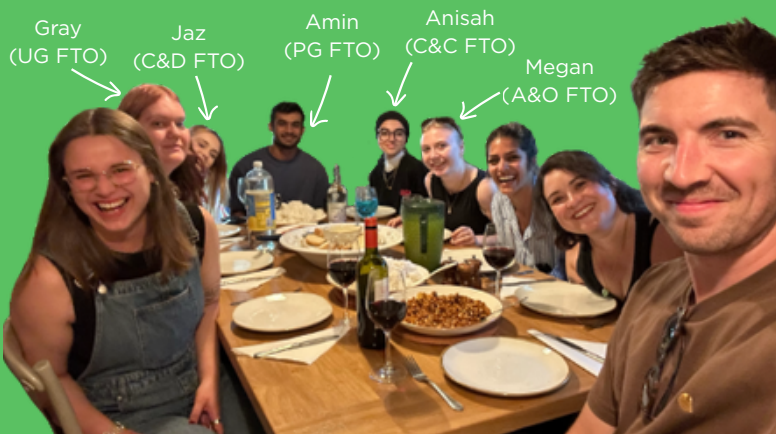
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7. After a few minutes or gently stirring, stir in the can of tomatoes.
8. Fill half the empty tomato can with water (give it a swirl to get the last bits of any tomatoes too), then stir into the sauce.
9. Crumble the stock cube into the sauce and stir.
10. For the next 10 minutes or so, let the sauce gently simmer but give it a stir to make sure nothing sticks to your pan.
11. TIP: If your sauce is ready before you're happy with how crispy the chickpeas are or the rice is still cooking, turn the heat to low to keep it warm (just keep stirring – if it gets too thick for your liking just stir in a bit more water).
12. Plate up – add rice and sauce into a bowl, and top with your crispy chickpeas.



Here's us and the SU Department leads plating up!

We made this recipe as part of our team building retreat and all enjoyed it so much, we thought we'd share it with you!

- Anisah, Amin, Gray, Jaz, & Megan