

Fuel hungry minds with this delicious fusion of crispy wedges, protein-rich chickpeas and veggies.



EDUCATION SECTOR: Secondary
SERVINGS: 10
ALLERGENS: Milk (if using cheese)

Loaded Wedges – Chickpea Ragu

Ingredients

FOR THE WEDGES

2kg Jacket 50s

[10g KNORR Professional Vegetable Powder Bouillon](#)

100ml Water.

FOR THE TOPPING

800g Tinned chickpeas, drained

10g Margarine

150g Onion, diced

150g Carrots, diced

150g Leek, diced

100ml Water

[300ml KNORR Professional Arrabbiata Sauce](#)

FOR THE GARNISH

150g Red onion

150g Tomatoes, diced

10g Flat parsley, chopped

100g Grated cheese

Method

FOR THE WEDGES

- Place the potatoes onto an oven tray and bake for 45 minutes at 160°C.
- Once cooked, remove from the oven and allow to cool slightly before cutting into 8 wedges.
- Mix the water and KNORR Professional Vegetable Bouillon together in a saucepan, bring to the boil and reduce by half.
- Toss the wedges in the bouillon then bake again for 10 minutes until golden.

FOR THE TOPPING

- Melt the margarine in a pan then sweat the vegetables for 10 minutes.
- Add the chickpeas and water then cook for 10 minutes then pour in the KNORR Professional Arrabbiata Sauce.
- Simmer for 5 minutes.

TO FINISH / SERVE

- Dice the onion and tomatoes and place into a bowl and add the parsley.
- Place a portion of wedges into a take-away container, spoon over the ragu and top with the salsa and grated cheese.



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