

# Chickpea Wellington

Written by Administrator  
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Chickpea Wellington recipe

## Ingredients & Quantities

- 170g of Flaky Pastry
- 105g of Soaked Chickpeas or 1 tin of Chickpeas
- 200g of Chopped Mushrooms
- 200g of Marmite
- 175g of Breadcrumbs
- 1/2dspn of Mixed Herbs
- 150g of Chopped Onions
- Seasoning to taste
- 1 Vegetable Stock Cube
- 75ml of Water
- 1/2tspn of Worcester Sauce
- 1.5tspn of Tomato Puree

## Method

1. Drain the chickpeas, cover with water and bring to the boil and simmer for 45 mins. Drain. If using tinned chickpeas, just drain.
2. Mash together the chickpeas, marmite, breadcrumbs, tomato puree and worcester sauce.
3. Saute the onions and mushrooms until soft. Combine with the chickpea mixture.
4. Add enough vegetable stock to obtain a firm mixture. Add the seasoning and herbs.
5. Divide the pastry in to two equal portions. Roll each portion of pastry in to a rectangle. Divide the chickpea mixture in to 2 and place in the centre of the rolled pastry.
6. Brush the pastry edges with eggwash. Wrap pastry around the filling, sealing the edges.
7. Place on a baking sheet, decorate and brush with eggwash.
8. Bake at 200C/100F for 25-30 minutes.