

# CURRIED CHICKPEA FRITTERS

Makes 8



These small crispy patties can be served as a side dish with Indian food or as a main dish with salad, yoghurt and mango chutney inside pitta or flat bread.

INGREDIENTS	EQUIPMENT
400g can chickpeas in water – drained and rinsed	can opener
2 medium sized eggs	colander or sieve
2 teaspoons curry powder	mixing bowl
80g breadcrumbs	teaspoon
1 green chilli – finely chopped	tablespoon
1 teaspoon dried mint	potato masher
1 spring onion – finely chopped	chopping board
1 tablespoon lemon juice	sharp knife
1-2 tablespoons rapeseed oil	lemon squeezer
	non-stick frying pan
	kitchen roll

## METHOD

1. Put the drained and rinsed chickpeas into a mixing bowl. Add the eggs, curry powder and breadcrumbs then mash together until the mixture has a rough paste texture.
2. Stir in the chopped chilli, spring onion and the lemon juice. Mix well.
3. Using your hands, divide the mixture into 8 even-sized portions, roll between your palms, then press down to make small patty shapes. Don't make them too thin or they will break when cooking.
4. Heat 1 tablespoon oil in the non-stick frying pan and cook the fritters, four at a time, for 2-3 minutes each side. Remove from the pan and place on kitchen paper to blot off any excess oil.

## RECIPE NOTES AND TIPS

- Serve with a crispy salad, some minty yoghurt and mango chutney all rolled up in a flatbread.
- The patties can be baked in a hot oven instead of being fried but they won't be quite so crispy.
- Experiment with other seasonings – chilli flakes, fresh coriander and lime would work well.
- Wash your hands well after handling the eggs and egg shells.
- Make a big batch of breadcrumbs when you see reduced price loaves in the supermarket. Make the crumbs in a liquidizer or food processor to save time. Store the crumbs in the freezer for up to 3 months, taking out just what you need for this recipe then resealing the bag for the next time.

Per 237g serving

	<b>ENERGY</b>	1358kJ / 325kcal	16%
<b>MED</b>	<b>FAT</b>	15.9g	23%
<b>HIGH</b>	<b>SATURATES</b>	6.2g	31%
<b>LOW</b>	<b>SUGARS</b>	8.0g	9%
<b>MED</b>	<b>SALT</b>	1.0g	16%

% of an adult's reference intake

Typical values per 100g : Energy 573kJ / 137kcal

## ALLERGY AWARE

This recipe contains:

- Eggs
- Gluten (breadcrumbs)
- Mustard

Based on recipe supplied by Focus on Food, 2/9/2015. No. of servings: 8

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (54g)
Energy	869kJ / 207kcal	469kJ / 112kcal
Protein	10.3g	5.6g
Carbohydrate (of which sugars)	22.8g (1.1g)	12.3g (0.6g)
Fat (of which saturates)	7.5g (0.9g)	4.0g (0.5g)
Fibre	3.6g	1.9g
Salt	0.5g	0.3g