

# CHICKPEA FRITTERS

Makes 12

Prep: 10 min

Cook: 10 min

## Ingredients

## Nutrition

1 red pepper  
Diced

2 shallots  
Diced

2 carrots  
grated (smallest function)

2 cloves of garlic  
Grated

peel of 1 lemon  
Grated

1 thumb size piece of ginger  
peeled and grated

1 x 400g can of chickpeas  
Drained

1tsp garam masala

1tsp cumin

1tsp ground coriander

3tbsp plain flour  
(or any gluten-free alternative)

1 egg

30g fresh coriander  
Chopped



vegetable oil  
for frying

## For the tzatziki

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half a cucumber  
grated

1 clove of garlic  
Grated

approx 150g Greek yoghurt  
(or a dairy-free alternative)

### Method

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#### Step 1

Combine the red pepper, shallots, garlic, lemon peel and ginger in a large bowl. Squeeze the carrots to remove the excess juice then add to the bowl.

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#### Step 2

Place the chickpeas in a food processor and whizz for a few seconds until broken down and crumbly. You don't want a puree so don't blend too far. If you don't have a food processor just crush with chickpeas with the back of a fork.

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#### Step 3

Add the chickpeas to the bowl along with the garam masala, cumin and ground coriander.

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#### Step 4

Add the egg and mix well then sieve over the flour and mix again.

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#### Step 5

Shape into small discs and fry for around 3 minutes a side in a little olive oil.

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#### Step 6

When cooked remove and place on kitchen paper to cool.

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#### Step 7

To make the tzatziki combine the cucumber, garlic and yoghurt in a bowl. Top the fritters with the chopped coriander.