



CRUMBED CHICKPEA PATTIES

HEAT LEVEL 🔥🔥🔥

Enjoy the crunch of our Crumbed Chickpea Patties - a flavorful and satisfying twist on veggie patties, featuring the goodness of chickpeas and a crispy coating.

15 Mins

6 Servings

INGREDIENTS

1 can (410g) chickpeas, drained
3 slices white or brown bread
80 ml (1/3 cup) Spur Peri-Peri Sauce
1 red onion, finely chopped
1 clove garlic, crushed
3 extra-large eggs, beaten
80 ml (1/3 cup) cake flour, plus extra for coating
2 ml (1/4 tsp) Spur Seasoning Salt
Freshly ground black pepper, to taste
125 ml (1/2 cup) dried breadcrumbs, for coating
Cooking oil, for frying
6 hamburger rolls

METHOD

- 1 Blend half of the chickpeas with a hand blender. Slightly crush the other half with a fork.
- 2 Soak bread slices in Spur Peri-Peri Sauce until soft. Combine the bread, chickpeas, onion, garlic, 1 egg, cake flour and pepper. Mix well.
- 3 Shape mixture into 6-8 patties. Whisk remaining eggs and roll patties in flour, dip in eggs and coat with breadcrumbs.
- 4 Heat oil in a heavy-based frying pan and shallow-fry the patties for 2-3 minutes per side or until golden. Drain on kitchen towel.
- 5 Serve inside hamburger rolls immediately.

VARIATIONS

- 1 Add 60 g frozen peas and 10 ml (2 tsp) freshly chopped mint to patty mixture.
- 2 Add 1 coarsely grated medium carrot to patty mixture.

TIP

- 1 These patties are best eaten warm, as they become dry when cooled or kept for the following day.

