

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

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

METHOD

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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.

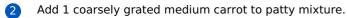
Shape mixture into 6-8 patties. Whisk remaining eggs and roll patties in flour, dip in eggs and coat with breadcrumbs.

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.

Serve inside hamburger rolls immediately.

VARIATIONS

Add 60 g frozen peas and 10 ml (2 tsp) freshly chopped mint to patty mixture.



TIP

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

