

# Crumbed chickpea patties



**CHICKPEAS ARE A GREAT SOURCE OF PROTEIN AND ACT AS THE BINDER IN THESE PATTIES. THESE ARE ESSENTIALLY A VEGETABLE FALAFEL AND IDEAL FOR VEGETARIANS. PLUS, THEY'RE HEALTHY AND DELICIOUS!**

## INGREDIENTS

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- 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 (¼ tsp) **Spur Seasoning Salt**
- Freshly ground black pepper, to taste
- 125 ml (½ cup) dried breadcrumbs, for coating
- Cooking oil, for frying
- 6 hamburger rolls



## METHOD

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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.

### **TIP**

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

### **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.