

Chickpea Patties with Salad and Pita Bread

Ingredients

- 1-2 pita bread
- 1 can chickpeas
- 1/4 cup plain flour
- 1 egg
- 10ml olive oil
- 1/4 red onion
- 1 teaspoon paprika
- 1/2 teaspoon cumin seeds
- 1 teaspoon fresh garlic
- 1 tablespoon greek yoghurt
- Few parsley leaves
- Chilli sauce(optional)
- Salad of your choice

Method

1. Dice the onion and finely chop the garlic. Tear the parsley leaves.
2. Crack the egg into a small mixing bowl and add the onion, garlic, cumin seeds, paprika, parsley and chickpeas.
3. Add about half the flour and mix. If the mixture is still wet, add the flour a little at a time to get a nice dry consistency.
4. Wet your hands and scoop up the patty mixture to form into small patties.
5. Place the patties on a plate in the fridge for 20 minutes to firm before cooking.
6. Add the olive oil to a pan on medium heat, then place the chickpea patties in the heated pan.

7. The patties will take around 2 minutes to cook on each side – they can be removed from the pan once the egg is set.
8. Tear the pita pockets in half and place the patties inside. Top with your favourite salad, sauce, and a little yoghurt.

