

OUR RECIPE

Mel's Chickpea Fritter Wraps

INGREDIENTS

- 1 x 400g and 1 x 210g can chickpea, drained and rinsed
- 1 egg
- 1 tsp ground cumin
- 1 tsp ground coriander
- ¼ tsp ground cinnamon
- 3 garlic cloves, crushed
- 1 red chilli, deseeded and finely chopped
- ¼ small pack coriander, roughly chopped
- 1 tbsp olive oil
- 4 large tortilla wraps
- 1 romaine lettuce, shredded
- 4 tomatoes, sliced
- 1 small red onion, thinly sliced
- 150g pot 0% fat Greek yogurt
- Oven or Polenta chips, to serve (optional)



METHOD

1. In a food processor, whizz the chickpeas with the egg for a few
2. minutes until almost a purée, but some bits remain.
3. Spoon into a bowl and stir in the spices, two-thirds of the garlic, the chilli and coriander.
4. Season well and form into 12 small fritters.
5. Heat the oil in a non-stick frying pan and cook the fritters in batches
6. for 4 mins on each side, until crisp on the outside and cooked through.
7. Top each wrap with a good handful of shredded lettuce, tomato, red
8. onion and 3 fritters.
9. Mix the yogurt with the remaining garlic and spoon a little over the fritters.
10. Wrap up and tuck in, with chips on the side, if you like.