

Chickpea Fritter Wraps

Serves 4

INGREDIENTS

610g chickpeas, 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



Use wholemeal wraps for a healthier option.

METHOD

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

Serving Suggestion - enjoy with tortilla chips.