

Chickpea Fritters with Yoghurt Raita

Ingredients – Makes 16

- 800 grams can chickpeas
- 1 zucchini
- 1 carrot
- 4 spring onions
- 1 cup reduced fat milk
- 2 eggs
- 1 cup self-raising flour
- ½ bunch fresh parsley leaves
- 1 teaspoon Moroccan seasoning
- Spray oil



Method

1. Drain and rinse the chickpeas. In a bowl, mash chickpeas with a potato masher until they are coarsely broken up.
2. Grate carrot & zucchini and squeeze out excess moisture. Finely slice spring onions and parsley and set all the vegetables aside.
3. Whisk milk and eggs in a jug.
4. Place flour in a bowl and gradually add milk mixture to flour, whisking until it is smooth.
5. Stir in chickpeas, zucchini, carrot, parsley, spring onions and Moroccan seasoning.
6. Heat a large non-stick frying pan to medium-high and lightly spray with oil.
7. For each fritter, add 1/4 cup of the mixture to pan. Spread slightly with a spatula.
8. Cook for 2 to 3 minutes each side or until golden and cooked through.
9. Cook in batches to make 16 fritters, spraying pan with oil between batches, if necessary. Transfer each batch to a covered plate to keep warm.

Yoghurt Raita Dip

Ingredients

- 1 cucumber
- 200g low fat Greek yoghurt
- 2 tablespoons lemon juice
- 1 spring onion

Method

1. Wash cucumber and cut in half and remove seeds.
2. Chop cucumber very finely and add this to a mixing bowl
3. Thinly slice the spring onion and add this to the bowl.
4. Stir in yoghurt and lemon juice and allow to set in the fridge for 10 minutes (this allows the flavours to develop).

