

Nutrition for Outside School Hours Care • another NAQ Nutrition program

Featuring key ingredients such as sweet potato and chickpeas from the vegetables and legumes/beans food group, this recipe is a great way to ensure you are incorporating this food group on your menu. This recipe is a great option to prepare for lunch during vacation care, where children can get involved in a hands-on cooking activity – they will love mashing, mixing and shaping the fritters!

Ingredients

Serves: 20 (Makes approx. 40 fritters)

- **Extra virgin olive oil**
- **5 onions, peeled and finely diced**
- **10 garlic cloves, peeled and finely chopped**
- **5 400g cans chickpeas, drained and rinsed (approx. 1.25kg chickpeas once drained)**
- **10 sweet potatoes, peeled and grated**
- **2.5 cups plain flour**
- **10 eggs, lightly beaten**
- **2 tablespoons ground paprika**
- **2 tablespoons ground coriander**
- **1 cup fresh parsley, chopped**
- **1 cup fresh coriander, chopped**
- **Salt and pepper, to season**



Method

1. Sauté onion and garlic in a little extra virgin olive oil until translucent. Allow to cool.
2. Mash chickpeas in an extra-large mixing bowl and combine with grated sweet potato, plain flour, eggs, ground paprika, ground coriander, chopped parsley and chopped coriander. Add cooked onion and garlic. Season lightly with salt and pepper. Mix well until mixture is combined.
3. Shape fritters into desired size and cook in batches in some extra virgin olive oil on both sides until cooked through and golden brown.

Notes

- This recipe can be made ahead of time and stored in an airtight container in the refrigerator for a few days
- Try using wholemeal plain flour to increase the fibre content of this recipe
- This recipe could also be used for a morning or afternoon tea snack

Food Group	Serves provided per 2 fritters
Vegetables and legumes/beans	2.4
Grain (cereal) foods	0.5
Lean meats and alternatives (e.g. eggs, legumes/beans)	0.7