

Pea and Chickpea Fritters

OSHC

Ingredients

- 1kg frozen peas
- 3 x 420g cans chickpeas, drained
- 6 eggs
- 3 onions, finely diced
- 3 cups wholemeal self-raising flour
- 4 tablespoons chopped parsley
- 200g crumbled feta cheese
- 500g cottage cheese
- 4 tablespoons olive oil
- Tzatziki dip, to serve

Serves: 20

Prep Time: 15 mins

Cook Time: 15 mins



Method

1. Boil the frozen peas for 4 minutes and drain.
2. Add half of the peas along with the drained chickpeas, eggs and finely diced onions to a food processor and pulse until combined. Transfer to a mixing bowl.
3. Fold through the remaining peas along with the wholemeal self raising flour, chopped parsley, crumbled feta cheese and cottage cheese.
4. Roll into balls of equal size and flatten slightly.
5. Heat the olive oil in a frypan. Place a few patties into the pan at a time and cook for approximately 2-3 minutes on each side. Repeat with remaining patties.
6. Serve with tzatziki dip.

Recipe Notes:

Replace parsley with other herbs such as mint or basil.

If children don't like the texture, try blending all of the peas into the mixture.

Instead of cooking in frypan, preheat an oven to 180°C, line a baking tray with baking paper and place the patties onto the tray. Spray with olive oil and cook for approximately 20 minutes.

Food Group	Serves per portion
Vegetables	1.5
Fruit	0
Grain foods	0.6
Lean meat and alternatives	0.6
Milk, yoghurt and cheese	0.7