

Pea and Chickpea Fritters

Food Foundations

Ingredients

- 1kg of frozen peas
- 3 x (420g) tin chickpeas
- 6 eggs
- 3 finely diced onion
- 3 cups whole self-raising flour
- 4 Tablespoon chopped parsley
- 200g crumbled feta cheese
- 500g cottage cheese
- 4 Tablespoon olive oil

Serves: 20

Prep Time: 15 mins

Cook Time: 15 mins



Method

1. Boil peas for 4 minutes and drain.
2. Add ½ the peas along with the chickpeas, eggs, onion to a food processor and pulse until combined.
3. Fold through remaining peas with the flour, parsley, feta and cottage cheese.
4. Roll into balls of equal size, flatten slightly.
5. Heat oil in pan, place a few patties into pan at a time and cook approximately 2 minutes on each side.
6. Serve with Tzatziki dip

Recipe Notes:

Replace parsley with other herbs such as mint or basil.

If children don't like texture, blend all the peas into the mixture.

Instead of cooking in pan preheat oven to 180°C, line a baking tray with baking paper and place formed fritters onto tray. Spray with olive oil and cook approximately 20 minutes.

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