

## **Chickpea rissoles (revythokeftethes)**

### **Ingredients:**

3 cups chickpeas (already prepared)  
210 ml extra virgin olive oil  
30 gms ground cumin  
1 ½ onions, chopped  
5 garlic cloves, crushed  
6-8 sage leaves chopped  
6 tbsp chopped flat leaf parsley  
2 eggs, lightly beaten  
6 tbsp self-raising flour  
1 cup plain flour  
6 tbsp reserved chickpea liquid

### **Method:**

Chop the sage leaves and parsley. Chop onions.

Peel, chop and crush the garlic.

Measure and tip the chickpeas into the food processor, add 4-5 tbsp of reserved chickpea liquid and process to a velvety mash.

Heat 6 tbsp of the olive oil in a large frying pan, add the onions and saute until they are light golden.

Add the cumin and the garlic and stir for a few seconds until their aroma rises. Stir in the chopped sage leaves and the parsley, turn off heat and set aside.

Scrape the chickpea mash into a large bowl and add the egg, the self-raising flour and the fried onion and herb mixture. Add plenty of salt and pepper and mix well.

Take large walnut-size pieces of the mixture and flatten them so that they look like thick, round mini hamburgers.

Coat the rissoles lightly in the plain flour. Heat the remaining olive oil in a large frying pan and fry them in batches until they are crisp and golden on both sides. Drain on kitchen paper, divide onto serving plates and garnish with parsley.

### **\*Making shaping simple**

**Wet your hands slightly when shaping the mixture, as this helps to prevent the mixture from sticking to them.**