

Spiced couscous & chickpea patties

Ingredients:

1 cup couscous

1 cup boiling water

1 red onion, peeled & roughly chopped

400gm can chickpeas, drained & rinsed

¼ cup parsley, chopped

2 teaspoons (tsp) ground cumin

2 teaspoons (tsp) ground coriander

1 carrot, grated

2 eggs

1 tablespoon (tbsp) plain flour or G/F plain flour

Salt & pepper

Oil to cook with

Method:

- Place couscous in a heat proof bowl. Add boiling water and cover. Let it sit for 5 minutes until the water has absorbed. Then fluff couscous with a fork.
- Add chickpeas, onion and parsley to food processor. Blitz until roughly chopped.
- Pour into a bowl and add your couscous, carrots, cumin, coriander, salt, pepper, flour & eggs. Stir until all ingredients are combined.
- Roll into small balls and flatten them in your hands (they don't need to be very flat)
- Heat up a large fry pan with oil and cook in batches. Serve onto 4 plates.