



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: WALNUTS

Walnuts are high in antioxidants with research suggesting a benefit in reducing risk of some cancers, heart disease and diabetes. Resist the urge to remove the skin, that's where 90% of the antioxidants are!

4. CHICKPEA FRITTERS WITH CAPSICUM SAUCE

 35 Minutes

 2 Servings

 Plant-based

Chickpea and zucchini fritters with golden roast sweet potato chips, fresh rocket and pear salad finished with a ginger capsicum sauce.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
24g	55g	70g

18 May 2020

FROM YOUR BOX

SWEET POTATOES	400g
RED CAPSICUM	1/2 *
GINGER	30g *
GREEN PEAR	1
LEBANESE CUCUMBER	1
WALNUTS	1/2 packet (65g) *
ROCKET LEAVES	1 bag (60g)
CHICKPEAS	400g
ZUCCHINI	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, maple syrup, red wine vinegar, flour (of choice), garlic (1 clove), ground cumin

KEY UTENSILS

oven tray, frypan, stick mixer or blender

NOTES

Spice up the dish - Try adding nutritional yeast, ground paprika, coriander or chilli flakes to the fritters.

Use coconut oil to cook the fritters for added flavour.



1. ROAST THE SWEET POTATOES

Set oven to 220°C.
Cut sweet potatoes into wedges or chips. Toss on a lined oven tray with **oil, salt and pepper**. Bake in oven for 20-25 minutes or until cooked through.



2. PREPARE THE CAPSICUM SAUCE

Dice capsicum. Peel and grate 1 tsp ginger. Blend together with **1 tsp maple syrup, 1/2 tbsp vinegar** and **2 tbsp olive oil** using a stick mixer or blender until smooth. Season with **salt and pepper**.



3. PREPARE THE SALAD

Slice the pear and cucumber. Roughly chop walnuts. Toss together with rocket leaves.



4. PREPARE THE CHICKPEA FRITTERS

Drain and mash the chickpeas using a potato masher. Grate zucchini and squeeze out water. Combine with chickpeas along with **2 tbsp flour, 1 crushed garlic clove, 2 tsp cumin, salt and pepper**.



5. COOK THE FRITTERS

Heat a frypan over medium-high heat with **oil**. Use oiled or wet hands to shape even size patties. Cook in pan for 3-4 minutes each side until golden.



6. FINISH AND PLATE

Toss salad with **1/2 tbsp vinegar** and **1/2 tbsp olive oil**. Divide among plates with sweet potatoes, chickpea fritters and capsicum sauce.