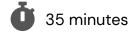




# **Chickpea Fritters**

# with Tomato Relish

Golden chickpea and zucchini fritters with a homemade tomato relish served over basmati rice; this dish is full of flavour and wholesome vegetables!







# Save the recipe!

This relish recipe is a great one to have on hand! It's easy to whip up and a good use for tired tomatoes.

TOTAL FAT CARBOHYDRATES

25g

101g

#### **FROM YOUR BOX**

BASMATI RICE	150g
SHALLOT	1
ТОМАТО	1
RED APPLE	1
TINNED CHICKEPAS	400g
ZUCCHINI	1
FRITTER MIX	1 packet
LEBANESE CUCUMBER	1
RED CAPSICUM	1

#### FROM YOUR PANTRY

oil for cooking, salt, ground cumin, soy sauce or tamari

#### **KEY UTENSILS**

saucepan, small saucepan, frypan

#### **NOTES**

The fritter mix contains chickpea flour, rice flour and nutritional yeast.





#### 1. COOK THE RICE

Place rice in a saucepan, cover with **300ml** water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. MAKE THE RELISH

Heat a small saucepan over medium heat with 1 tbsp oil. Dice shallot, tomato and apple. Add to pan along with 1/3 cup water, 1 tbsp soy sauce and 1 tsp cumin. Simmer for 20 minutes, stirring occasionally.



#### 3. PREPARE THE FRITTERS

Drain and lightly mash chickpeas in a large bowl using a potato masher. Grate and add zucchini along with fritter mix. Season with salt and use your hands to combine well.



#### 4. COOK THE FRITTERS

Heat a large frypan over medium-high heat with oil. Add 1/4 cupfuls fritter mix to pan, lightly pressing to form a fritter shape. Cook for 3-4 minutes each side until golden and cooked through. Repeat until all mixture is used up.



## 5. PREPARE THE SALSA

Meanwhile, dice cucumber and capsicum. Toss together.



#### 6. FINISH AND SERVE

Divide rice among plates. Top with fritters, relish and salsa.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **O481 072 599** or send an email to **hello@dinnertwist.com.au** 



