DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Zucchini

Zucchini is a fruit, although most times prepared and cooked as a vegetable. It is attached to an edible yellow flower.
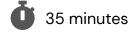
Chickpea Fritters
with Tomato Relish

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

🕛 35 minutes   🍴 4 servings   🌱 Plant-Based

21 July 2023

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
22g	8g	85g

FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
TOMATOES	2
RED APPLE	1
TINNED CHICKEPAS	2 x 400g
ZUCCHINIS	2
FRITTER MIX	1 packet
LEBANESE CUCUMBERS	2
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 **600ml 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 onion, tomatoes and apple. Add to pan along with **1/2 cup water, 1 1/2 tbsp soy sauce** and **2 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 zucchinis 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 cucumbers 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**