





Recipe Details

Recipe Name : **Spiced Chick Pea Cutlets**
Recipe Category:
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Portions : **3**




Weight (Per Portion)

One portion of this dish weighs approximately 283.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Chickpeas, dried, raw	225 Gram	
Oil, olive	2 Tablespoon	
Onions, raw	1 Medium	
Pepper, capsicum, green, raw	1 Small	
Garlic	1 Clove	
Tomato, puree	2 Teaspoon	
Yoghurt, plain, pouring	2 Tablespoon	
Curry powder	0.5 Teaspoon	
Pepper, cayenne, ground	0.5 Teaspoon	
Breadcrumbs	150 Gram	
Salt, sea	1 Pinch	
Pepper, black	1 Pinch	
Oil, sunflower	2 Tablespoon	

Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	  Gluten Milk

Recipe Method

1. Soak chick peas overnight in cold water. Tip the chick peas together with the water into a saucepan. Bring them up to the boil, cover and simmer for about 30 minutes, or until they are absolutely tender. Drain well and mash them to a pulp. Add 2 tablespoons of oil in a saucepan and gently fry the onion and green pepper until softened; then beat them into the mashed chick peas together with all the remaining ingredients (except, the breadcrumbs and the sunflower oil). Taste and season with salt and pepper. 2. As soon as the mixture is cool enough to handle, form the mixture into 6 patties and coat each one with breadcrumbs. Put about 2 tablespoons of oil in a frying pan and fry the patties to a golden brown colour. 3.

Recipe Method

Serve them hot garnished with slices of raw Spanish onion and some natural live yoghurt.

