



SERVES 4

- WENDY BLUME'S - GOLDILOCKS CHICKPEA AND ONION PATTIES

INGREDIENTS

- 2 SPRING ONIONS, FINELY SLICED
- 1 CARROT, PEELED, GRATED
- 2-3 ORANGE SWEET POTATOES, MASHED
- 400G TIN CHICKPEAS, RINSED, DRAINED
- 1/4 CUP BESAN (CHICKPEA) FLOUR
- 1 TSP CUMIN
- 1 TSP SUMAC OR ZEST 1/2 LEMON
- 1/4 CUP OLIVE OIL

METHOD

- 1 Preheat oven to 180°.
- 2 To mash the sweet potatoes, place each one whole into the oven for 50-60 minutes until squishy. (Any leftovers are great added to spag bowl, or mixed into sweet muffins).
- 3 In a large bowl, mash the chickpeas and mix through the veggies and spices. Form golf ball size patties and dunk in the chickpea flour.
- 4 Heat a frying pan over medium heat. Add the oil and once hot, add a few patties to the pan. Turn when golden (you'll probably need to cook them for about 3 minutes either side).

NOTE - Serve with salad, lemon and a dollop of Greek Yoghurt.

TIP - Serve this on rice for a more substantial meal.