



APR  
2017

## Crispy Chickpea Fritter Salad

with Pickled Red Onion, Cucumber and Yogurt Dressing

We infuse these easy 'falafel' fritters with Moroccan spice flavours – it's so irresistible that we think you'll want to make them over and over!



Chickpeas



Hummus



Pita



All-Purpose Flour



Moroccan  
Spice Blend



Parsley



Lemon



Garlic



Yogurt



Panko  
Breadcrumbs



Lettuce



Mini Cucumber



Red Onion



Feta Cheese

## Ingredients

		2 People	*Not Included
Chickpeas		1 can	
Hummus	3)	1 pkg (2 tbsp)	<b>Allergens</b>
Greek Pita	1)	2	1) Wheat/Blé
All-Purpose Flour	1)	1 pkg (2 tbsp)	2) Milk/Lait
Moroccan Spice Blend		1 pkg (1 tbsp)	3) Sesame/Sésame
Parsley		1 pkg (10 g)	
Lemon		1	
Garlic		1 pkg (10 g)	
Yogurt	2)	1 pkg (100 g)	
Panko Breadcrumbs	1)	1 pkg (½ cup)	
Lettuce		1 pkg (113 g)	<b>Tools</b>
Mini Cucumber		2	Zester, Strainer, Small Pan,
Red Onion, sliced		1 pkg (56 g)	Measuring Spoons, Medium
Feta Cheese	2)	1 pkg (¼ cup)	Bowl, Small Bowl, Large Non-
Sugar*		½ tsp	Stick Pan, Large Bowl
Olive or Canola Oil*			

**Nutrition per person** Calories: 597 cal | Fat: 16 g | Protein: 24 g | Carbs: 94 g | Fibre: 13 g | Sodium: 688 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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**3** **Prep: Wash and dry all produce.** Cut the **cucumbers** into ¼-inch rounds. Zest, then juice the **lemon**. Roughly chop the **parsley**. Mince or grate the **garlic**. Drain the **chickpeas**.

**2** **Pickle the red onion:** Heat a small pan over medium-low heat. Add the **onion, sugar, lemon juice** and **1 tbsp water**. Cook, until the onion softens, 3-4 min. Season with **salt**. Set aside.

**3** **Make the fritter mixture:** In a medium bowl, using a fork or potato masher, coarsely mash the **chickpeas** and **hummus**. (**TIP:** The mixture will be lumpy not smooth!) Stir in the **flour, lemon zest, spice blend, half the parsley** and **half the garlic**. Season with **salt** and **pepper**.

**4** **Cook the fritters:** Pour the **panko** in a small bowl. Divide the **fritter mixture** into 6 portions. Roll into balls and coat in the panko. Flatten the balls into patties. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the patties. Cook until golden brown and crispy, 2-3 min per side. Transfer to a paper towel-lined plate.

**5** **Make the salad:** In a large bowl, stir the **yogurt, pickled onion and liquid, remaining parsley, remaining garlic** with a drizzle of **oil**. Season with **salt** and **pepper**. Add the **lettuce** and **cucumber**. Toss to coat.

**6** **Warm the pita:** Heat the same pan over medium heat. Add the **pita** to the dry pan. Cook, until brown and warmed through, 1-2 min per side.

**7** **Finish and serve:** Divide the **salad** between plates. Top with the **chickpea fritters**. Sprinkle with **feta** and serve with **pita** to the side. Enjoy!



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