

## **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!













Hummus





All-Purpose Flour



Moroccan Spice Blend



Parsley



Lemon



Yogurt



Panko Breadcrumbs



Lettuce



Mini Cucumber



Red Onion



Feta Cheese

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.

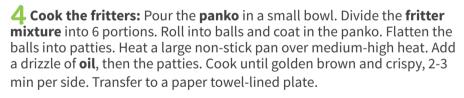


**1** Prep: Wash and dry all produce. Cut the cucumbers into ¼-inch rounds. Zest, then juice the lemon. Roughly chop the parsley. Mince or grate the garlic. Drain the chickpeas.





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.





**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.

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