

CHICKPEA KOFTE KEBABS WITH YOGURT SAUCE

INGREDIENTS

400g can of chickpeas, drained and rinsed
2 garlic cloves
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp ground cardamom
1/2 tsp ground cinnamon
1 small red onion, roughly chopped
1 carrot, grated
3 tbsp rolled oats
A small handful of coriander leaves
60g tahini
Juice of 1/2 lemon
3 tbsp olive oil
Salt & freshly ground black pepper, to taste

For the yogurt sauce:

250g Greek-style soya yogurt alternative
1/2 cucumber
A small handful of fresh mint

To serve:

4 wholemeal pitta breads, 4 tbsp hummus, rocket

METHOD

1. Add the chickpeas, garlic, spices, onion, carrot, oats, coriander leaves, tahini, lemon juice and a large pinch of salt and pepper. Pulse the ingredients until the mixture comes together in clumps but avoid over-processing to a paste. The mixture should stick together well in your hands. If not, add a little water. Divide the mixture into 8 and shape into thick sausage-like shapes. Place in the fridge at least 1 hour to firm up.
2. Heat the olive oil in a large frying pan over a medium heat. Add the kofte and fry for 10–12 minutes turning them every minute or so until golden brown and crispy all over. Alternatively, bake at 180°C/ fan 160°C/ gas mark 4 for 20 - 25 minutes until golden.
3. Meanwhile, make the yogurt alternative sauce by mixing the soya yogurt alternative, cucumber and mint leaves.
4. Warm the pitta breads in the oven or toaster. When you are ready to serve, fill them with hummus, rocket, the koftes and the yogurt alternative sauce.

SERVINGS
4

PREP: 10 MIN
COOK: 15 MIN

NUTRITION PER SERVING (1/4 RECIPE)

Energy: 644 cal (32% RI)
Fat: 31g (44% RI)
of which saturated: 3g (15% RI)
Carbohydrate: 62g (24% RI)
of which sugars: 6g (7% RI)
Fibre: 15g (50% RI)
Protein: 23g (46% RI)
Salt: 1.4g (23% RI)

RI = Reference Intake

Analysis includes 1 pitta bread and 1 tbsp hummus per serving

Source of
Fibre

Plant
Rich

Low Sat.
Fats

GREAT
POST-
WORKOUT
PROTEIN
BOOST

RECIPE GIVEN WITH
KIND PERMISSION OF
ANITA BEAN