

# Chicken and Chia Chickpea and Spinach Fritters

with Chilli Jam



These fritters are so easy, we'll be making them for breakfast, lunch and dinner.

Cals 741 • Prot 77 • Carbs 59 • Fat 22

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🕒 cook: 40 min

R2895





## Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

## Ingredients

Chilli Jam	2 ppl	3 ppl	4 ppl	
Garlic cloves	2	2	4	Piece
Ginger	30	30	60	Grams
Cherry tomatoes	150	150	300	Grams
Soy sauce <b>9*</b> , <b>10*</b> , <b>11*</b>	10	10	20	ML
Red vinegar	30	30	60	ML
Brown sugar	20	20	10	Grams
White sugar	10	10	20	Grams
Chilli flakes	2	2	2	Grams

## Fritters

Spring onion	40	60	80	Grams
Vegetable oil	2	4	4	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Baby spinach	60	90	125	Grams
Chickpeas	240	480	480	Grams
Feta cheese <b>4*</b>	50	100	100	Grams
Organic Eggs <b>5*</b>	4	8	8	Piece
Chia seeds	15	30	30	Grams

## Chicken

Chicken breast	400	500	600	Grams
Vegetable oil	1	2	2	Tbsp
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Smoked paprika powder	2	2	4	Grams

## Allergens

**\*9 Soya, \*10 Wheat, \*11 Gluten, \*4 Milk, \*5 Eggs**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

## Nutritional information

### Per Serving\*

Energy (kJ/kcal)	3099 / 741
Fat (g)	21.7
of which saturates (g)	7.8
Carbohydrate (g)	59
of which sugars (g)	19.2
Fiber (g)	10.6
Protein (g)	77.1
Salt (g)	5

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



## 1 Blitz

Preheat the oven to 200°C/180°C fan. Peel and roughly chop the **garlic** and **ginger**. Finely chop the **spring onion**. Place the **ginger, garlic** and **tomatoes** in a food processor and blitz until almost smooth. If you don't have a blender or food processor, chop the ingredients very finely.



## 2 Bake chicken

Add the **chicken** to a baking dish. Add a drizzle of **oil** and season with **salt, pepper** and **smoked paprika**. Coat the **chicken** in the spices and **oil**. Bake for 20 min or until cooked through.



## 3 Simmer

Place the blitzed **tomatoes, soy sauce, vinegar, sugar** and a large pinch of the **chilli flakes (spicy!)** in a small saucepan over a medium heat. Simmer for 15–20 min until thickened, stirring regularly. Once thickened, remove the pan from the heat and set aside to cool for 5 min (as the **tomatoes** cool, they will continue to thicken!)



## 4 Make fritters

Meanwhile, roughly chop the **spinach**. Drain and dry the **chickpeas** and place them in a large bowl. Crush the **chickpeas** and **feta** with a fork until smooth. Add the **eggs, chia seeds** and **spring onion**. Season with **salt** and **pepper**. Whisk until well combined. Set aside for 5 min. Fold in the **spinach** (make sure it is completely dry).



## 5 Fry

Heat a large non stick pan over a medium-high heat with a very generous drizzle of **vegetable oil**. Working in batches, add approx 1 heaped tbsp portions of the mixture to the hot pan and cook for 2–3 min on each side or until golden and cooked through. Wipe the pan clean and add more **oil** if necessary.



## 6 Serve

Serve the **fritters** and **chicken** with a drizzle of **chilli jam**.