

Middle Eastern Chickpea Fritters with Roasted Eggplant and Zucchini and Mint Dressing

hellóchef

Cals 544 • Prot 28 • Carbs 73 • Fat 19

Vegetarian

Try this Middle Eastern inspired dish which features falafel inspired fritters, roasted vegetables and a fresh yogurt dressing.

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 40 min

R3500



Before you start

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

Ingredients

Chickpea fritters	2 ppl	3 ppl	4 ppl	
Chickpeas	240	480	480	Grams
Garlic onion powder	4	8	8	Grams
Baking powder	5	10	10	Grams
Coriander cumin powder	4	8	8	Grams
Gram flour	30	60	60	Grams
Organic Eggs 5*	2	4	4	Piece
Vegetable stock cube 15*	1	2	2	Piece
Vegetable oil	1	2	2	Tbsp
Toppings				
Small zucchini	2	3	4	Piece
Eggplant	1	1	2	Piece
Pomegranate	1	1	2	Piece
Low fat feta cheese 4*	50	100	100	Grams
Mint dressing				
Fresh mint	10	10	10	Grams
Natural yogurt 4*	170	170	340	Grams
Sumac	2	4	4	Grams
Honey	15	15	30	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

*5 Eggs, *15 Celery, *4 Milk

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)	2098 / 544
Fat (g)	19
of which saturates (g)	3.8
Carbohydrate (g)	73
of which sugars (g)	29.5
Fiber (g)	16.3
Protein (g)	28.3
Salt (g)	3

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



1 Prep

Preheat the oven to 220°C/200°C fan. Chop the **zucchini**s and **eggplants** into small chunks. Halve the **pomegranate**, hold each half over a large bowl, seeds facing down. Hit the skin with a wooden spoon, squeezing to release the seeds. Discard the shell and membrane.



2 Bake

Add the **eggplants** and **zucchini**s to a lined **baking** tray with a drizzle of **oil** and a generous pinch of **salt**. Bake for 20 min or until tender.



3 Blitz

Meanwhile, drain the **chickpeas** over a bowl. Save the liquid from the can. This is called **aquafaba**. Add the **chickpeas**, **garlic onion powder**, **baking powder**, **cumin**, **gram flour**, {4/8/8} Tbsp of the **aquafaba**, the **eggs** and crumbled **stock cube** to a food processor. Blitz until smooth. Refrigerate.



4 Dressing

Strip and finely chop the **mint** leaves. In a bowl, combine the **natural yogurt**, **sumac**, **honey** with the **mint**. Season with **salt** and **pepper**. This is your **mint yogurt**.

Tip! Save some of the fresh mint for garnish!



5 Fry

Heat a non-stick pan over a medium heat with a generous drizzle of **vegetable oil**. Once hot, scoop 1 heaped tbsp of the **batter** into the pan. Gently spread the mixture into a circular shape. Fry the **fritters** for 3 min on each side or until golden brown and crispy on both sides. Repeat until the mixture runs out.



6 Serve

Top the **fritters** with the roasted **eggplants** and **zucchini**s. Sprinkle with the **pomegranate** seeds. Crumble the **feta** over the top and drizzle with the **mint dressing**. Serve immediately.