

Zucchini, Carrot & Chickpea Patties

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 4

- Extra virgin olive oil
- 1 small red onion, diced
- 400g tin chickpeas
- 1 carrot, grated
- 1 zucchini, grated
- 10 Sao biscuits
- 1 egg
- 2 tbsp dill
- Pita bread, yoghurt and salad for serving



Method:

1. Preheat oven to 180°C
2. Add a dash of oil to fry pan over medium heat. Sauté onion until softened.
3. Crush Saos into crumbs using a food processor or crush with a rolling pin.
4. Drain chickpeas and combine into a paste with the egg in a food processor.
5. Add onion, carrot, zucchini and dill into mixing bowl with Saos, chickpeas and egg and use hands to combine thoroughly
6. Shape mixture into 12 patties.
7. Add another dash of oil to a pan over medium-high heat. Cook patties for a few minutes on each side or until golden.
8. Place on a baking tray and finish off in oven for 10-15 minutes.
9. Serve in pita bread pockets or on wholegrain burger buns with natural yoghurt and salad greens.

Note:

- This mixture can be store in an airtight container in the fridge for up to 2-3 days and cooked as required.
- For different flavours, swap the dill for fresh coriander, chives or 2 tsp smoked paprika

Food Group	Serves provided per portion
Vegetables	1
Lean meats and legumes	0.7
Grain foods	1.4