



## Turkish Chickpea Patties

in Pita Pockets



20-30min



2 Portions

Pitta pockets make perfect vessels to fill with all types of fritters, patties or shredded meat and here we've whipped up quick vegetarian morsels to create flavour-packed pockets that make a satisfying and wholesome dinner. We've also added smoked charred capsicum, peppery rocket and creamy yoghurt which all go wonderfully well with the spiced chickpea patties.



## What we send

- cheddar cheese 7
- Greek-style yoghurt 7
- coriander, garlic clove
- pita pocket 1
- roasted capsicum
- baby rocket leaves
- spice mix
- chickpeas
- onion

## What you'll require

- olive oil
- plain flour 1
- salt and pepper

## Utensils

- Colander
- grater
- large frypan
- paper towel
- stick blender/food processor/mortar and pestle
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 800.0kcal, Fat 40.1g, Proteins 32.4g, Carbs 69.1g



### 1. Prepare ingredients

Chop the **onion** and **garlic**. Drain and rinse the **chickpeas** and shake dry. Grate the **cheese**. Pick the **coriander** leaves (discard stems).



### 2. Cook onion

Heat 2 tbs **oil** in a large frypan over medium heat. Cook the **onion, garlic, spice mix** and some **sea salt and pepper** for 5 mins or until softened.



### 3. Make patties

Transfer **onion mixture** to a food processor with the **chickpeas** and **cheese** and puree to a coarse texture. Transfer to a bowl and add 3-4 tbs **plain flour** to ensure the mixture is not wet. Season again, if necessary.



### 4. Cook patties

Shape the **mixture** into 6-8 small patties. Heat 2 tbs **oil** in the same frypan over high heat and cook the **patties** (in 2 batches if pan is not wide enough) for 3-4 mins each side until golden and heated through. Set aside to rest for 3 mins.



### 5. Heat pita bread

Wipe pan clean and heat over medium heat. Cook each **pitta bread** for 30-60 secs or until pliable. Cut in half, make a slit in each one and gently pop them open.



### 6. Assemble pockets

Drain the **capsicum strips** and pat dry. Fill each **pitta pocket** with the **patties, capsicum, rocket, coriander** and a dollop of **yoghurt**.