

CHICKPEA FRITTERS

with lemony rosemary oil and rocket



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Serves 8

INGREDIENTS

— Available at Mediterranean Foods

- 3 lemons
- 2 large eggs
- 1 tsp baking powder
- 2 sprigs of fresh rosemary
- 50g wild rocket
- 2 x 400g tins of chickpeas
- 1 tsp dried red chilli flakes
- 120g plain flour
- black pepper
- olive oil
- extra virgin olive oil

METHOD

1. Drain the chickpeas and tip into a food processor. Finely grate in the zest of one lemon and squeeze in its juice, crack in the eggs, add the chilli flakes, flour, baking powder and a really good pinch of sea salt and black pepper, then pulse until just combined – you want to keep a bit of texture.
2. Put a large non-stick frying pan on a medium-high heat. Once hot, add 2 tablespoons of olive oil. Working in batches, spoon tablespoons of the mixture into the pan (you should end up with 24 in total). Cook each batch for around 10 minutes, turning regularly until golden all over, removing to a plate lined with kitchen paper to drain as they're ready.
3. Meanwhile, strip the rosemary leaves into a pestle and mortar with a good pinch of salt and pound to a paste. Squeeze in the juice of the remaining lemons, then muddle in the same amount of extra virgin olive oil. When all the fritters are done, reduce the heat under the pan to low and pour in the rosemary dressing for just 30 seconds. Sprinkle the rocket over a platter, pile on the fritters, pour over the dressing, and serve right away.

Taken from 'Jamie Cooks Italy' by Jamie Oliver, Penguin Books, 2018

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