

Chickpea Balls

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These simple herbed chickpea balls are an excellent alternative to meatballs - they taste delicious, are packed full of protein and are very low in fat. Try adding the veggies of your choice to the chickpea mixture.

Ingredients:

1 x 400g tin chickpeas, drained
2 slices white bread, crusts removed
50g parmesan, chopped
2 garlic cloves
1 tsp. dried oregano
1 egg
Small handful freshly chopped basil
1 tbsp. tomato puree
Salt and pepper to taste

Directions:

1. Pulse the chickpeas and white bread in a food processor until combined. Add the chickpeas, garlic, oregano, basil, tomato puree and salt and pepper. Process until combined.
2. Tip into a bowl, then add enough of the egg to bind the mixture. Shape into small balls. Place onto an oiled baking tin and cook in a 200C oven for 15 minutes, turning halfway through. Serve over pasta with the sauce of your choice.

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