



Chickpea & Veggie kofta

Ingredients

1 onions , chopped
2 garlic cloves , crushed
1 x 400g cans chickpeas, drained
50g fresh brown breadcrumbs
1 large egg
1 tsp ground cumin
1 tsp ground coriander
zest 1 lemon , 1 tbsp juice,
45g baby spinach
toasted pitta breads, to serve
175g fat-free natural or Greek yogurt, to serve

Method

Soften the onions and garlic with a few drops of olive oil. Once really soft, tip into a food processor with the chickpeas, breadcrumbs, egg, spices, lemon zest and juice, and plenty of seasoning. Pulse until fairly smooth, then add 30g of the spinach and pulse until finely chopped.

Shape the mixture into 12 sausage-shaped koftas and put on a baking-parchment-lined baking tray. heat oven to 200C/180C fan/gas 6, then bake for 20-25 mins until crisp and golden.

Serve the koftas with warm pittas, extra spinach, fat-free yogurt.