

## **CHICKPEA VEGETABLE PATTIES**

Gluten Free Dairy Free

Low Chemical

**Makes ~ 10**

### **Ingredients:**

2 x 400g cans of chickpeas  
1 cup red cabbage, chopped  
1 clove garlic  
3 shallot stalks, chopped  
¼ cup parsley  
1 tblsp rice bran oil  
½ tsp iodized salt



### **Method:**

- Preheat the oven to 180°C
- Drain the liquid from the chickpeas and wash them
- Place all the ingredients into a food processor and blend/pulse until combined
- Line an oven tray with baking paper
- Scoop up about 2 tablespoons of mixture and form it into a ball
- Press this out on the baking paper to form a flat patty
- Continue placing them on the baking paper until the mixture is finished
- Cook for 40 minutes or until slightly browned.
- Remove them from the baking paper gently with a spatula and cool. They will crumble

### **Serve:**

- By themselves as a snack
- In a salad with vegetable, rice, quinoa, teff or buckwheat
- In a wrap, sandwich or rice paper
- On rice cakes with lettuce
- Wrapped inside a lettuce leaf with other allowed salad vegetables

See ***gluten free flat breads*** recipe: Low chemical recipes, free from gluten/wheat and dairy foods, lite bites and lunch