

THE FLEXITARIAN COOK

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Croquettes de Pois Chiches

(Chickpea Patties)

1 15oz can chickpeas

1 tbsp dijon mustard

1 tsp lemon juice

1 dash Sriracha sauce (or 1/2 tsp cayenne pepper)

1 egg

2 tbsp panko breadcrumbs (plus more for coating the patties)

Choice of 1/4 cup sliced scallions OR chopped parsley

Optional:

1 can tuna

OR

1/2 cup each finely diced celery and carrots, sautéed in olive oil until golden and tender

OR

1 clove garlic, chopped

Place the first 5 ingredients in a food processor. Puree until smooth. Scrape into a mixing bowl and add scallions or parsley and other optional ingredient. Mix well. Refrigerate for about 15mn. Form into approx. 6 patties. Coat with breadcrumbs and pan fry gently in a few tablespoons of olive oil until golden brown on both sides.