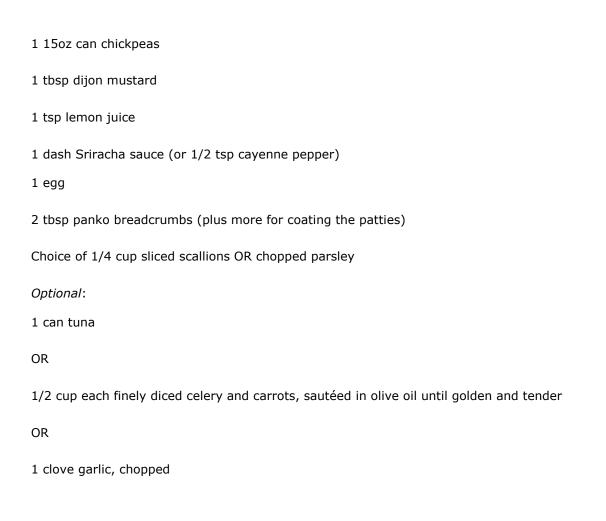
THE FLEXITARIAN COOK

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Croquettes de Pois Chiches

(Chickpea Patties)



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.