

Chickpea Croquettes



🍴 For 16 croquettes

Ingredients

400g of cooked chickpeas
1 clove garlic
1 little piece of onion
1 little piece of ginger
1/2 teaspoon mint
1 tablespoon lemon juice
1 sprig of parsley
4 tablespoons breadcrumbs
salt and extra virgin olive

Method

Whisk the chickpeas with the garlic, onion, mint, lemon, ginger, parsley and 1 tablespoon of oil until you get a thick cream. Add to the chickpea cream the bread crumbs, mix and then form balls the size of a walnut. Meanwhile, heat, in a frying pan, a tablespoon of oil, then crush the balls between the palms of the hands and lay it on the pan. Cook both sides until the croquettes are golden. Serve hot.