

Chickpea Pumpkin Patties

Serves: 8
Prep: 30 mins
Cook: 30 mins



Dietary: NF, VEG, GF, DF
Allergens: Eggs
Age group: 8 months+

MindChamps®

early learning • preschool • Kindergarten

Chickpea Pumpkin Patties

Equipment

High-speed food processor

Ingredients

- 2 x 400g canned chickpeas, drained and rinsed
- 2 eggs
- 1 large brown onion (220g), peeled and quartered
- 1/3 cup (6g) parsley, rinsed and finely chopped
- 2 tbsp (3g) mint, rinsed and finely chopped
- 2 tsp (4g) ground cinnamon
- Pinch black pepper
- 1 cup (150g) grated pumpkin, excess water squeezed out
- ½ cup (80g) rice breadcrumbs

- 2 tbsp (40ml) extra virgin olive oil, for drizzling

Method

1. Preheat oven to 180°C (fan-forced) and line a baking tray with baking paper.
2. Place chickpeas, eggs, onion, parsley, mint, cinnamon and pepper into a high-speed food-processor and process until it reaches a mince-like texture.
3. Place mixture into a large bowl and add the rest of the ingredients. Mix well to combine.
4. Shape into small patties, place onto the baking tray and drizzle with some olive oil. Cook in preheated oven for 20-30 mins, or until golden brown.

Serving Suggestion: Serve with a dip of choice, wholemeal couscous and a side of seasonal vegetables.

Storing Leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For an egg-free version: Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).
- ✓ **Easy ingredient swaps:** Swap chickpeas for legumes and beans of choice.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.