



Vegetable croquettes

Ingredients (makes 10)

200 g cooked chickpeas

50 g peeled and chopped carrot

50 g frozen peas

50 g chopped green beans

50 g chopped red pepper

Pepper

Spices and herbs (curry, cumin, parsley, coriander)

Salt (skip in case of hypertension or fluid retention))

Method

1. In a saucepan boil some water and blanch the carrots, green beans, and peas for some minutes and strain.
2. Wash the chickpeas under running water and strain. Blend together with the vegetables until obtaining a very solid purée.
3. Season with salt, pepper, and other herbs to taste.

4. Make small balls with the help of a spoon and place them tray lined with baking paper.
5. Bake in the oven at 200°C for ten minutes or until browned around the edges.

Recommendations

The recipe can also be made with raw chickpeas, hydrated the day before. Once the batter is made and shaped into balls, they can be frozen and then cooked, in the oven, straight from the freezer.