Pumpkin and Chickpea Fritters

Ingredients:

- 1 x 400g can chickpeas, rinsed, drained
- 1 small (about 100g) carrot, peeled, coarsely grated
- 1 baby fennel, ends trimmed, coarsely grated
- 1 ½ tablespoons coarsely chopped fresh continental parsley
- 1 tablespoon plain flour
- 1 egg, lightly whisked
- Salt & freshly ground black pepper
- 2 teaspoons vegetable oil
- Fresh continental parsley, extra, to garnish

Method:

1. Place the chickpeas in a large bowl and use a potato masher or fork to coarsely mash. Add the carrot, fennel, parsley, flour and egg, and stir until well combined. Season with salt and pepper.

2. Heat the oil in a large non-stick frying pan over medium-high heat. Spoon tablespoon portions of batter around the edge of the pan and flatten slightly. Cook for 3-4 minutes each side or until golden brown and cooked through.

3. Divide fritters among serving plates and garnish with the extra parsley. Serve immediately