

## Pumpkin and Chickpea Fritters

### Ingredients:

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- 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
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### Method:

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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
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