



Spanish Chickpea Balls

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: coriander, garlic, lemon, parsley, silverbeet, tomato

Equipment:

metric measuring scales,
cups and spoons
clean tea towel
cook's knife
chopping board
zester
bowls – 1 large, 1 small
fork
mortar and pestle
or food processor
mixing spoon
large saucepan
2 large frying pans
tongs
kitchen paper
serving platters

Ingredients:

720 g cooked chickpeas
or 3 × 400 ml tins
5 garlic cloves, peeled and
finely chopped
zest of a lemon
 $\frac{2}{3}$ cup fresh breadcrumbs
2 tsp ground coriander
2 tsp ground nutmeg
2 tsp ground cumin
1 tsp ground cinnamon
(**Note:** Spices can be roasted
whole and ground in a mortar
and pestle)
1 small handful of parsley,
finely chopped
2 eggs, lightly beaten
3 tbsp olive oil

For the sauce:

1 tbsp olive oil
1 red onion, peeled and
finely diced
2 garlic cloves, peeled and
finely chopped
6 tomatoes, roughly diced
3 tbsp tomato paste
 $1\frac{1}{2}$ cups **Vegetable
Stock** (see page 171)
 $\frac{1}{4}$ tsp cayenne pepper
3 silverbeet leaves, finely
chopped
1 small handful of
coriander, roughly
chopped
2 tbsp natural yoghurt

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Mince the chickpeas with the mortar and pestle or in the food processor until soft, but with chunks.
3. Put the minced chickpeas, garlic, lemon zest, breadcrumbs, spices, parsley and eggs into the large bowl. Combine them using your hands, gradually adding 1 tbsp of olive oil.
4. Roll tablespoons of mixture into balls and refrigerate them while making the sauce.
5. To make the sauce, add the olive oil and onion to the saucepan and cook over a medium—high heat for 2–3 minutes until soft. Add the garlic and cook for a further minute.
6. Add the tomatoes, tomato paste and stock. Let the sauce simmer gently for 8–10 minutes.
7. Set up the two frying pans to cook the chickpea balls. Heat 1 tbsp of olive oil in each frying pan.
8. Cook the balls over a medium heat in two or three batches, tossing in the pan occasionally, until golden all over.
9. Add the chickpea balls and cayenne pepper to the sauce and allow to gently simmer for a further 5–10 minutes until the sauce has reduced slightly and the flavour is rich and spicy.
10. Remove from heat and toss through silverbeet and herbs. Add a dollop of yoghurt to the sauce before serving on platters to share.