



UCCOOK

Chickpea Nugget Bites

with roasted broccoli & chilli flakes

Fast-food nuggets are turned into little veggie versions packed with all the yum! You won't miss the meat at all, as you'll be too distracted by the crisp and fluffy texture and delicious flavour of these bites. Served with chilli-roasted broccoli and a simple salad, you'll be very happy you clicked on 'add to cart'!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Veggie

 Strandveld | First Sighting Sauvignon Blanc

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100g	Broccoli Florets <i>cut into bite-sized chunks</i>
5ml	Dried Chilli Flakes
120g	Chickpeas <i>drained & rinsed</i>
30ml	Cake Flour
10ml	NOMU BBQ Rub
1	Onion <i>½ peeled & finely diced</i>
120g	Carrot <i>peeled & grated</i>
20g	Green Leaves <i>rinsed</i>
25g	Danish-style Feta <i>drained & crumbled</i>
10g	Pickled Bell Peppers <i>drained & roughly chopped</i>
100g	Cucumber <i>cut into half-moons</i>
1	Lemon <i>½ cut into wedges</i>
50ml	That Mayo (Vegan)

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. ROASTING TIME Place a pan, with a lid, over a medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli chunks for 6-7 minutes until lightly charred, shifting occasionally. In the final minute, add the chilli flakes (to taste). Add a splash of water, cover with the lid, and simmer for 1-2 minutes until cooked but still al dente. Remove from the pan on completion.

2. NUGGETS OF WISDOM In a bowl, add the drained chickpeas and mash with a potato masher or fork until a rustic mash. Add the flour, the rub, the diced onion, the grated carrot, and seasoning. Mix until fully combined. Roll into 4-5 nuggets.

3. BITES OF DELIGHT Return the pan to a medium heat with enough oil to cover the base. When hot, add the chickpea nuggets and fry for 2-4 minutes per side until crispy. Remove from the pan on completion and drain on paper towel.

4. ZINGY SALAD Just before serving, combine the rinsed green leaves, the crumbled feta, the chopped pickled peppers, the cucumber half-moons, a drizzle of oil, a squeeze of lemon juice, and some seasoning.

5. ORDER'S UP! Plate up the golden chickpea nugget bites and the chilli broccoli. Side with the fresh salad and a lemon wedge. Serve with the mayo for dunking. Tuck in, Chef!



Chef's Tip

Wet your hands before working with the chickpea dough. This will prevent it from sticking while you shape the nuggets!

Nutritional Information

Per 100g

Energy	495kj
Energy	118kcal
Protein	4.1g
Carbs	15g
of which sugars	3g
Fibre	3.1g
Fat	4g
of which saturated	1.4g
Sodium	162mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 2
Days