



# 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'!

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Jeannette Joynt

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🍷 Veggie

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🍷 Strandveld | First Sighting Sauvignon Blanc

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## Ingredients & Prep

|       |  |
|-------|--|
| 400g  | Broccoli Florets<br><i>cut into bite-sized chunks</i>        |
| 20ml  | Dried Chilli Flakes  |
| 480g  | Chickpeas<br><i>drained &amp; rinsed</i>                     |
| 125ml | Cake Flour   |
| 40ml  | NOMU BBQ Rub   |
| 2     | Onions<br><i>peeled &amp; finely diced</i>                   |
| 480g  | Carrot<br><i>peeled &amp; grated</i>                         |
| 80g   | Green Leaves<br><i>rinsed</i>                                |
| 60g   | Danish-style Feta<br><i>drained &amp; crumbled</i>           |
| 40g   | Pickled Bell Peppers<br><i>drained &amp; roughly chopped</i> |
| 400g  | Cucumber<br><i>cut into half-moons</i>                       |
| 2     | Lemons<br><i>cut into wedges</i>                             |
| 200ml | 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 per portion.

**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. You may need to do this step in batches. 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