



# WCOOK

## Easy Veggie Bites & Herbed Yoghurt

with Italian-style hard cheese & a chickpea salad

**Hands-on Time:** 45 minutes

**Overall Time:** 50 minutes

**Veggie:** Serves 3 & 4

**Chef:** Suné van Zyl

**Wine Pairing:** Strandveld | First Sighting Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	370kJ	2619kJ
Energy	89kcal	627kcal
Protein	4.3g	30.2g
Carbs	13g	94g
of which sugars	2.4g	16.9g
Fibre	2.5g	17.7g
Fat	1.6g	11.2g
of which saturated	0.6g	3.9g
Sodium	63mg	445mg

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

---

Serves 3	[Serves 4]	
2	2	Onion <i>peel &amp; thinly slice</i>
45ml	60ml	Balsamic Vinegar
360g	480g	Chickpeas <i>drain &amp; rinse</i>
300g	400g	Baby Marrow <i>rinse &amp; trim</i>
600g	800g	Potato <i>rinse &amp; peel</i>
75ml	100ml	Flour Mix <i>(45ml [60ml] Self-raising Flour &amp; 30ml [40ml] NOMU One For All Rub)</i>
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
60g	80g	Italian-style Hard Cheese <i>peel into ribbons</i>
150ml	200ml	Low Fat Plain Yoghurt
8g	10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

---

Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water  
Egg/s  
Paper Towel  
Tea Towel

- 1. BALSAMIC ONION** In a bowl, combine a ¼ of the onions, the balsamic vinegar, and seasoning. Set aside in the fridge.
- 2. CRISPY CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.
- 3. FRITTER PREP** Grate the baby marrow and the potato, and place in a clean tea towel. Close up tightly and squeeze out as much liquid as possible. Discard the liquid. Place the drained veggies in a bowl. Add 2 eggs, the remaining onion (to taste), the flour mix, and seasoning. Mix until combined. Set aside.
- 4. FAB FRITTERS** Return the pan, wiped down, to medium-high heat with enough oil to cover the base. Carefully drop tablespoon-sized balls of batter into the hot oil and cook until crisp and golden, 4-5 minutes. Remove from the pan and drain on paper towel.
- 5. FRESH SALAD** To the bowl with the onions and the vinegar, add the chickpeas, the salad leaves, and the cheese. Toss to combine and season. In a small bowl, combine the yoghurt and ½ the parsley.
- 6. DINNER IS READY** Plate up the fritters. Side with the chickpea salad and the parsley-yoghurt for dipping the fritters. Garnish with the remaining parsley. Nice one, Chef!