

Spicy Chickpea Balls- *(recipe for 2 - 3 servings)*



Ingredients Chickpea Balls:

- 1 can of chickpeas (400 ml)
- 120 grams uncooked couscous
- ½ red onion
- 3 garlic cloves
- 2 tsp parsley
- 1 tsp paprika
- 1 tbsp soy sauce
- 2 garlic cloves
- Black pepper and salt

Ingredients Spicy Sauce:

- 3 tbsp soy sauce
- 2 tbsp ketchup
- 2 tbsp hot sauce (I used Piri Piri)
- 2 tbsp brown sugar
- Pepper and salt to taste
- 2 tbsp water

Instructions:

1. Preheat the oven to 200 degrees Celsius.
2. Add the couscous in a saucepan and cover with hot water. Put the lid on top. Let it stand for 5 minutes.

- Put the chickpeas, onion, garlic, seasonings, soy sauce and cooked couscous into a food processor (or in a pan with a hand mixer), and pulse until combined (make sure it doesn't get too mushy!)



- Roll the mixture into little balls with your hands and place on an oven tray covered with greaseproof baking paper. Bake for 30 minutes, but turn the balls over after 15 minutes, until lightly browned and crunchy.



- While the chickpea balls are in the oven, add ingredients for the spicy sauce into a frying pan on a medium heat. Stir everything well and let it simmer for 5 minutes.



- Add the baked chickpea balls to the pan, coat evenly with the sauce and garnish with coriander. Enjoy!

