

INGREDIENTS YOU WILL NEED



UTENSILS YOU WILL NEED



Cheeky Chickpea Nuggets

INGREDIENTS

- 1 Can Drained Chickpeas
- 1 Teaspoon of Chicken Seasoning
- 3 Grinds of Black Pepper
- 1 Teaspoon of Onion Powder
- 4 Tablespoons of Breadcrumbs
- 1 Egg
- 1 Teaspoon Olive Oil

Step 1

Open your can of chickpeas and drain the liquid. Put into a bowl. Use a potato masher and mash the chickpeas.

Step 2

Add the chicken seasoning, black pepper, onion powder, breadcrumbs and the egg. Mix well.

Step 3

Shape into nugget shapes.

Heat your frypan to a medium heat. |

Add 1 Teaspoon of oil.

Fry on each side for 4mins until golden and cooked through.