



Recipe name:

Red piquanté pepper chickpea meatballs

Recipe description:

A fibre-filled dish of chickpeas, breadcrumbs, Italian spices, smoky paprika, and topped off with a PEPPADEW® Red Piquanté Peppers' kick.

A simple and flavoursome fibre-filled dish for weekday lunches or dinners. Made with canned chickpeas, breadcrumbs, Italian spices and smoky paprika. The PEPPADEW® Red Piquanté Peppers add colour and a flavour kick with each bite.

Prep Time

15 minutes

Cook Time

10 minutes

Serves:

4

Made with:

PEPPADEW® Sweet Piquanté Peppers

Course:

Dinner

Occasion:

Family Recipes

Ingredients:

- 400g chickpeas, drained

- 40g breadcrumbs
- 2x large eggs
- 2tbsp grated parmesan cheese
- 2tbsp Italian seasoning (rosemary, basil, oregano)
- 1tsp black pepper
- 1tsp smoked paprika
- ½tsp salt
- ½ jar PEPPADEW® Red Piquanté Peppers
- Oil for cooking

Method:

1. Combine all ingredients except the oil in a food processor. Blend until the mixture is mostly smooth.
2. Use a small cookie dough scoop to gather one large, heaped tablespoon.
3. Add a touch of oil to your fingertips and roll into balls. You should have 12-14 golf ball-sized balls.
4. Heat oil in a large skillet over medium heat. Once the pan is hot, add the chickpea meatballs and cook for 6-8 minutes. Turn to brown on all sides until golden.
5. Serve with a Roasted Red Pepper sauce, in a sandwich, or over a salad.

Serving suggestion:

Serve these chickpea meatballs with a quick Roasted Red Pepper tomato sauce by simply blending one tin of chopped tomatoes with 4-5 PEPPADEW® Roasted Red Peppers until smooth in a food processor. Warm the sauce in a pan, mix the sauce into cooked pasta and serve with the chickpea meatballs for a hearty yet healthy meal.