



**Cafe & Deli**

# Recipe of the Week

## **CARROT, HALOUMI & RICOTTA FRITTERS WITH CHICKPEAS & SPINACH**

*These fast fritters are vegetarian, gluten-free and packed with flavour.*

### **Ingredients**

4 carrots, peeled, coarsely grated  
250g haloumi cheese, coarsely grated  
250g firm ricotta  
1 egg lightly beaten  
2 tabs olive oil  
400g can chickpeas, rinsed, drained  
1 clove garlic, crushed  
2 teasp smoked paprika  
150g baby spinach

### **Method**

1. Mix the carrots, haloumi, ricotta and egg in a large bowl.
2. Season with salt and freshly ground black pepper, divide the mixture into 12 even portions and shape each into an 8cm-diameter patty.
3. Heat half the oil in a large non-stick frying pan over a medium-high heat.
4. Add 4 of the patties and cook for 1-2 minutes or until golden underneath.
5. Use a spatula to turn each patty and cook for a further 2 minutes or until golden. Transfer to serving plates and repeat in 2 more batches.
6. Heat the remaining oil in the same frying pan. Add the chickpeas, garlic and paprika and cook, tossing, for 1 minute.
7. Add the spinach and cook, tossing, for 2-3 minutes or until the spinach has just wilted and the mix is heated through.
8. Serve immediately with the fritters.

*Courtesy Sarah Hobbs/Cuisine, NZ Gardener 2016 Garden Diary*