

Chickpea, Cumin & Spinach Koftas, Tahini Dressing



Makes 10 Prep 20 mins

Cooking 25 mins

Easy

Ingredients

100g spinach
olive oil for frying
1/2 tbsp cumin seeds
1 tin chickpeas, drained
1/2 tsp paprika
1/4 tsp ground turmeric
1 tbsp chickpea(gram) flour, + extra for dusting
sea salt & black pepper

For the dressing

150g natural yoghurt
1-2 tbsp tahini paste, to taste
juice of 1/2 lemon
2 tbsp parsley, finely chopped
olive oil (optional)

1. Wash the spinach, then place in a medium-hot oiled pan and stir until wilted. Drain thoroughly, squeezing out any excess water, then finely chop.
2. Toast the cumin seeds in a dry hot pan for about a minute until aromatic and golden, then grind in a mortar with a pestle.
3. Place the chickpeas, cumin and spices, along with a good pinch of salt and pepper, in a blender and blitz to a fine paste (if the mixture looks too dry to hold together, add 2-3 tbsp of water and blitz again) Add the spinach, sprinkle in the flour and mix well to combine.
4. Dust your hands with flour, then take a tablespoon of the mixture and mould it into an egg shape. Repeat until all the mixture has been used, then place on a plate or tray dusted with flour. Chill for at least 1 hour until you are ready to cook.
5. Preheat the oven to 120C/ Fan 100C/ Gas 1/2. Heat some oil in a pan and shallow-fry the koftas in batches over a medium heat for 2-3 mins until golden brown on all sides and hot all the way through. Drain after frying and keep them warm in the oven.
6. Combine all the dressing ingredients and season to taste. Add a little oil if you want a looser consistency. Serve the koftas warm with the dressing on the side.