

Heart Foundation  
2017 Local  
Government  
AWARDS  
Tasmanian Winner  
Councils with populations  
10,000-50,000

An Initiative of the Central Coast  
Local Food Security Strategy

# Healthy Food Recipes

## Chickpea and Vegetable Fritters

Serves 4

Gluten free, these fritters can be served with a healthy salad or alternatively make great veggie burgers.



### Ingredients | Method

1 zucchini, grated  
1 carrot, grated  
1 onion, finely diced  
1 tsp garlic  
1 400g can chickpeas, rinsed  
2 tbsp peanut butter  
½ cup rice flour  
1 egg  
½ tsp curry powder  
Salt and pepper to taste

Cooking oil spray

- 1 Sauté zucchini, carrot, onion and garlic.
- 2 Puree chickpeas until a smooth consistency. Place puree, sautéed vegetables and remaining ingredients in a large mixing bowl and combine well. Form desired size fritters and set aside ready to cook.
- 3 Spray fry pan with oil, heat to medium high and cook fritters evenly until golden brown on both sides.

Serve with tzatziki dressing and a salad of your choice.

Recipe #33 – courtesy of  
Depot Food Company

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The Healthy Food Recipes campaign is part of the  
Central Coast Local Food Security Strategy  
available for download on the Council Facebook and website at  
[www.centralcoast.tas.gov.au/healthy-food-recipes/](http://www.centralcoast.tas.gov.au/healthy-food-recipes/)  
Also see link to Eat Well Tasmania's *What's In Season* guide.

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For more healthy eating, visit [www.eatwelltas.org.au](http://www.eatwelltas.org.au)