

Healthy Lunch Box recipe

Couscous cakes



Ingredients

¾ cup couscous, preferably wholemeal
1 tsp reduced-salt vegetable stock powder
1 cup boiling water
1 clove garlic, crushed
¼ cup parsley or coriander
½ cup tinned chickpeas, drained & rinsed
2 large eggs, lightly beaten
1 lemon, zested
Olive oil

- Makes 8 patties

Method

Place the couscous and stock powder in a large bowl and add boiling water. Stir, cover and sit for 5 minutes.

Chop the garlic in a food processor. Add the parsley or coriander and pulse until finely chopped. Add the chickpeas and pulse until chopped.

Fluff the couscous with a fork. Add the chickpea mix, eggs and lemon zest and mix well. Refrigerate for 15 minutes. Press into a ¼ measuring cup to create cakes. Repeat with the remaining mix.

Heat olive oil in a frypan over medium heat. Add the couscous cakes in batches so not to over crowd. Press them down gently with a spatula to flatten. Cook until golden on both sides.

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