

Crispy Spinach & Chickpea Patties with Zesty Tahini Sauce

Crispy Spinach & Chickpea Patties with Zesty Tahini Drizzle ??



TIME
5 min

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INGREDIENTS

For the Patties:

- 1 can (15 oz / 425g) chickpeas, rinsed and drained
- 1 cup packed fresh spinach, finely chopped (30g)
- ... cup rolled oats (25g, gluten-free if needed)
- 2 Tbsp chopped fresh parsley (6g)
- 2 Tbsp olive oil (30ml)
- 1 Tbsp lemon juice (15ml)
- 1 tsp ground cumin (2g)
- ‰ tsp garlic powder (1g)
- ... tsp salt (1g)
- Pinch black pepper (0.5g)

For the Tahini Drizzle:

- 2 Tbsp tahini (30g)
- 1 Tbsp water (15ml), more as needed for drizzling consistency

DIRECTIONS

- 1. Mash the Chickpeas::** In a large bowl, use a fork or potato masher to mash the chickpeas until mostly smooth with some texture.
- 2. Mix the Patties::** Add chopped spinach, oats, parsley, olive oil, lemon juice, cumin, garlic powder, salt, and pepper. Mix well until combined and slightly sticky.
- 3. Shape & Cook::** Form into small patties, about 2 inches wide. Heat a nonstick skillet over medium and cook patties for 4-5 minutes per side, until golden and crispy.
- 4. Make the Tahini Drizzle::** In a small bowl, whisk tahini and water until smooth and pourable. Add extra water as needed.
- 5. Serve::** Drizzle patties with tahini sauce and serve warm. Garnish with parsley or lemon wedges if desired.

SWAPS & NOTES

Packed with fiber-rich chickpeas, vibrant greens, and bold spices, they cook up golden and crisp in just minutes.

Drizzled with a bright, lemony tahini sauce, this is the plant-based dinner or snack you didn't know you were craving.

Why I Love This Recipe These fritters are fresh, filling, and free of fluff .

No fancy gadgets required-just a bowl, a fork, and a skillet.

TIPS FOR SUCCESS

Drain chickpeas well to prevent soggy patties.

Finely chop spinach so it incorporates smoothly.

Chill the mixture for 10-15 minutes before forming patties for easier handling.

Use a nonstick skillet or lightly oiled pan to avoid sticking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-spinach-chickpea-patties-with-zesty-tahini-sauce/>