

Easy Spinach Chickpea Patties - Crispy, Vegan, and Gluten-Free

Crispy Spinach & Chickpea Patties with Zesty Tahini Drizzle ??



TIME
30 min

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ChefManiac

INGREDIENTS

For the Patties:

- 1 can (15 oz / 425g) chickpeas, rinsed and drained
- 1 cup fresh spinach, finely chopped (about 30g)
- ... cup rolled oats (GF if needed) - 25g
- 2 Tbsp fresh parsley, chopped - 6g
- 2 Tbsp olive oil - 30ml
- 1 Tbsp lemon juice - 15ml
- 1 tsp ground cumin - 2g
- ½ tsp garlic powder - 1g
- ... tsp salt - 1g
- Pinch of 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, mash the chickpeas with a fork until mostly smooth with some small chunks for texture.
- 2. Add the Good Stuff:** Mix in spinach, oats, parsley, olive oil, lemon juice, cumin, garlic powder, salt, and pepper. Stir until everything is well combined.
- 3. Form the Patties:** Scoop out the mixture and shape into small patties (about 2 inches wide). You should get around 8-10 fritters.
- 4. Cook Until Crispy:** Heat a non-stick skillet over medium. Add a touch of olive oil if desired. Cook patties for 4-5 minutes per side, or until golden brown and crispy on both sides.
- 5. Make the Tahini Sauce:** In a small bowl, whisk together tahini and water until smooth and pourable. Add a squeeze of lemon or a pinch of salt for extra brightness.
- 6. Serve It Up:** Drizzle the tahini sauce generously over warm patties and enjoy immediately!

TIPS FOR SUCCESS

- Drain chickpeas well to avoid excess moisture.
- Chop spinach finely for even distribution.
- Let patties rest for a few minutes before cooking-they'll hold together better.
- Add a little lemon zest to the tahini for an extra citrus pop.

