

**Moroccan-style Chickpea Keftas
with Lemon & Mint Raita
& Mini Flatbreads**



These keftas can be served as a quick snack or you can pop a couple of them into a pita pocket as your main meal and serve with a side salad.

Serves 10

For the raita

- ½ English cucumber
- 1 cup Bulgarian yoghurt
- 1 cup fresh mint, chopped
- 2 Tbsp grated lemon zest

For the keftas

- 1 packet bamboo skewers
- 1 can (400 g) chickpeas, drained and rinsed
- ½ cup canned black beans
- ¼ cup dried breadcrumbs
- ½ onion, diced
- ½ cup chopped fresh parsley
- ½ cup chopped fresh coriander
- ½ cup chopped fresh mint
- 1 tsp ground cumin
- 1 tsp chopped fresh rosemary
- 1 tsp smoked paprika
- Sea salt flakes and freshly ground black pepper
- 1 egg
- Extra virgin olive oil
- 1 packet flatbreads

To make the raita, grate the cucumber, wrap it in a tea towel and squeeze out the excess water. Mix the cucumber with the remaining raita ingredients and refrigerate to serve later once chilled.

Soak the bamboo skewers for 1 hour while preparing the keftas.

In a food processor, pulse the chickpeas until roughly chopped and place them in a mixing bowl. Stir in the black beans and the breadcrumbs.

Add the rest of the kefta ingredients, except the olive oil and flatbreads, and stir well. If the mixture is not wet enough to form a firm ball, add a drizzle of olive oil.

Take a palmful of the mixture and press it around the skewer, then roll it lightly to form a sausage. You can decide how big or small you would like to have each sausage. Repeat until all the skewers are done.

Place on a braai grid over medium-hot coals and braai for 4 – 6 minutes until cooked, turning regularly.

Serve with your favourite warm flatbreads and zingy lemon and mint raita.