

An easy spin on a classic street food dish. Perfect for a grab-and-go or break-time snack.

EDUCATION SECTOR: SECONDARY
SERVINGS: 10
ALLERGENS: WHEAT, EGG, MILK AND MUSTARD



Chickpea & Spinach Meatballs Flatbread

Ingredients

FOR THE MEATBALLS

900g Tinned chickpeas (drained)

200g Wholewheat couscous

500ml Boiling water

[10g KNORR Professional Vegetable Powder Bouillon](#)

250g Red onion

200g Spinach

FOR THE SALAD

400g Iceberg lettuce

150g Red onion

150g Carrot (ribbons)

[100ml Hellmann's Light Mayonnaise](#)

10g KNORR Professional Garlic Puree

TO FINISH

10 Flatbreads

optional:

15g Red chilli (sliced)

Method

FOR THE MEATBALLS:

- Whisk the KNORR Professional Vegetable Powder Bouillon into water.
- Pour the stock over the couscous and fluff with a fork. Cover the couscous to allow it "cook". Once soft, allow to cool.
- Place all remaining ingredients into a blender and pulse to combine. Pour into a bowl once blended.
- Roll the meatballs into walnut size balls. Measure the meatballs approx. 25g each and then place on to a lined oven tray.
- Bake for 15 minutes at 180°C.

FOR THE SALAD:

- Mix Hellmann's Light Mayonnaise and KNORR Garlic Puree together.
- Chop the lettuce, red onion and peel the carrot into ribbons. Place the salad in a bowl and toss through.

TO FINISH:

- Spoon the salad onto the flatbread and top with 4 meatballs whilst breaking them up slightly. Finish with a drizzle of the garlic mayo and sprinkle over the red chilli.



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