Spanish Chickpea Balls

**Fresh from the garden:** coriander, garlic, lemon, parsley, silverbeet, tomato

### Equipment:
- measuring scales
- mortar and pestle
- or food processor
- tea towel
- cook's knife
- chopping board
- large bowl
- zester
- measuring cup
- measuring spoons
- mixing spoon
- large saucepan
- 2 large frying pans
- tongs
- kitchen paper

### Ingredients:
- 720 g cooked chickpeas or 3 × 400 ml tins
- 5 garlic cloves, finely chopped
- 1 lemon, zested
- 1/3 cup fresh breadcrumbs
- 2 tsp ground coriander
- 2 tsp ground nutmeg
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- (Note: spices can be roasted whole and ground in a mortar and pestle)
- 2 eggs, lightly beaten
- 1 small handful parsley, finely chopped
- 4 tbsp olive oil
- extra olive oil for cooking

### For the sauce:
- 1 tbsp olive oil
- 1 red onion, finely diced
- 2 garlic cloves, finely chopped
- 6 tomatoes, diced roughly
- 3 tbsp tomato paste
- 1 1/2 cups vegetable stock
- 1/4 tsp cayenne pepper
- 3 silverbeet leaves, finely chopped
- 1 small handful coriander, roughly chopped
- 2 tbsp natural yoghurt

### What to do:
1. Mince the chickpeas with a mortar and pestle or in a food processor until soft, but with chunks.
2. Combine the minced chickpeas with the garlic, lemon zest, breadcrumbs, spices, parsley and egg mix in a large bowl.
3. Combine the chickpea mixture, using your hands, adding the olive oil a little at a time.
4. Roll tablespoons of mixture into balls and refrigerate them while making the sauce.
5. To make the sauce, add the olive oil and onion to a large pan and cook over a medium to high heat for 2–3 minutes until soft. Add the garlic and cook for a further minute.
6. Add the tomatoes, tomato paste and stock. Let the sauce simmer gently for 8–10 minutes.
7. Set up two frying pans to cook the chickpea balls. Heat 1 tbsp of olive oil in each frying pan.
8. Over a medium heat cook the balls in two or three batches, tossing in the pan occasionally until golden all over.
9. Add the chickpea balls and cayenne pepper to the sauce and allow to gently simmer for a further 5–10 minutes until the sauce has reduced slightly and the flavour is rich and spicy.
10. Remove from heat and toss through silverbeet and herbs.
11. Add a dollop of yoghurt to the sauce before serving.