



Chickpea Fried with Rosemary Yoghurt



To prepare the chickpea fries

Line a tin (approx. 20 × 20 cm) with baking paper. Bring the milk to the boil in a pan along with the olive oil, butter, salt and ground coriander. Stir in the chickpea flour and simmer for 4 mins., stirring vigorously. Transfer to the tin and spread to approx. 1.5 cm thick. Leave to cool and place in the fridge. Cut into thick sticks and roll in the durum wheat semolina. Deep fry the sticks in oil (170 °C) until golden brown, season with salt and serve immediately.

To prepare the rosemary yoghurt

To make the rosemary yoghurt, scoop the avocado out of the skin and combine with the remaining ingredients to form a creamy mixture.

Rezept für 4

Ingredients for the chickpea fries

500 ml milk
2 tbsp olive oil
1 tbsp butter
1 tsp fleur de sel
1 tsp ground coriander
125 g chickpea flour
50 g durum wheat semolina
Oil for deep-frying

Ingredients for the rosemary yoghurt

1 ripe avocado
200 g Greek yoghurt
1 tbsp finely chopped rosemary needles
1 lime, finely grated zest and 1 tbsp juice
Salt