



November 2022, Watching Sport

Watch and Share:

Middle Eastern Inspired Football Treats

Fava bean (broad bean) and fresh mint patties, smoked paprika roasted chickpeas, easy home-made flatbreads and roasted aubergine and garlic dip.

Long before I won my eight Olympic gold medals, I would dream of playing cricket or football professionally. Today, I still love playing sport, but I also love watching it with my closest friends and family. Why not try making these snacks to share while you cheer on your favourite team.

Usain Bolt

Serves: 4 – 6
Prep time: 30 minutes
Cook time: 45 minutes

Ingredients

- 1 lemon (zest and squeeze to give 4 tsp juice)
- Olive oil

For the roasted aubergine and garlic dip

- 1 large or 2 medium-sized aubergines (trim and halve lengthways, score the flesh in a criss-cross pattern, taking care not to cut through the skin.)
- ½ tsp ground harissa spice blend, plus extra to garnish
- 1 large bulb garlic (slice the top off, leave the root intact)
- 1 tbsp tahini

For the smoked paprika roasted chickpeas

- 1 × 400g tin chickpeas (drain and rinse)
- ½ tsp smoked ground paprika
- ½ tsp cumin seeds
- 1 red pepper (half, deseed and slice)

For the easy home-made flatbreads

- 150g self-raising flour, plus extra for dusting
- 150g natural yoghurt
- ½ tsp baking powder
- ¼ tsp salt
- 1 tsp za'atar

For the broad bean and fresh mint patties

- 1 × 300g tin broad beans, or tinned fava beans (Drain and rinse — see tip on the following page)
- 1 shallot (Halve peel and chop)
- Small bunch fresh mint (Remove stalks and roughly chop the leaves)
- 2 tbsp gram (chickpea) flour (use plain flour if gram flour isn't available)
- ½ tsp ground coriander



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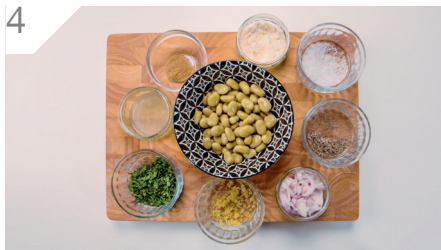
Preheat the oven to 220°C / 200°C fan / Gas 6. Put the **aubergine halves**, out side up, onto a baking tray. Sprinkle with **harissa spice** and season. Drizzle with **oil**, letting it run into the cut surface of the aubergine. Add the **garlic bulb** to the tray and drizzle with oil. Cook on the middle shelf for 40–45 mins until the flesh of the aubergine and garlic is soft.



Place the **chickpeas** into a medium bowl. Stir in the **paprika**, **cumin seeds**, 1 tbsp **oil** and half of the **lemon zest**, season well. Tip the chickpeas onto a baking tray with the **pepper slices**. Wrap the **garlic bulb** in foil, drizzle with olive oil, season, add to the tray, place on the top shelf of the oven, cook for 20–25 mins. Once cooked, remove from the oven and set aside to cool.



Make the flatbreads. Mix the **self-raising flour** with the **yoghurt**, baking powder and salt in a medium bowl and bring together to a soft dough. Knead lightly on a floured surface until smooth. Roll to a large circle, approximately 23–25cm diameter. Transfer to a baking tray lined with non-stick baking paper, drizzle with oil and sprinkle with the **za'atar**. Cook the flatbread on the top shelf of the oven for 10–15 mins until risen and golden.



Make the broad bean patties. Put the **broad beans**, **shallot**, **mint**, **gram flour**, remaining **lemon zest**, 2 tsp **lemon juice** and the **ground coriander** into a food processor and season well. Whiz until the mix forms a smooth paste, scraping down the sides if necessary. Scoop tablespoons of the mixture to form 12 even-sized balls and flatten to shape into small patties.



Put a large frying pan on a medium-high heat and pour in enough **olive oil** to just cover the base. Once hot, add the patties and fry for 1–2 mins on each side until golden brown and heated through. Fry in batches if necessary. Remove from the pan and drain on kitchen paper.



When the **aubergine** is cooked, scoop the flesh out onto a chopping board. Squeeze the softened **garlic cloves** out of their skins and chop both together. Put into a medium bowl and stir in the **tahini** and remaining 2 tsp **lemon juice**. Taste and season, sprinkle with a little harissa to garnish. Tip the **chickpeas** and **roasted peppers** into another bowl. Cut the bread into 12 wedges and serve with the patties on a serving plate.

Turn on your favourite sport, gather your loved ones and share!

Chef Usain's Winning Tips

Fava beans and broad beans are available to buy tinned. Broad beans are picked fresh, but fava beans are more mature, and left on the plant to dry before the beans are harvested. This means that the young broad beans will give light green coloured patties, but tinned fava beans will be a darker brown colour. The patties can be made the day before, and kept in the fridge until ready to fry.

Contains sesame.

Just fill and chill Usain Bolt



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