



Vegetable-Cutlets

1 ½ cup cooked chickpea (approx 1 tin).
¾ cup frozen peas or beans
¾ cup raw cauliflower or carrots or potato.
1 ¼ cup of Harraways Rolled Oats cooked in 1 ¼ cup of water
1 cup cream of wheat/ semolina
3 Tablespoons cooked barley
¼ teaspoon turmeric powder (optional)
½ teaspoon cumin powder
½ teaspoon coriander powder
½ teaspoon chilli powder (or according to taste)
1 teaspoon ground ginger paste
1 teaspoon green chilli paste (optional)
salt to taste
a little extra virgin olive oil (or any other oil) to shallow fry the patties
A little wheat flour or chick pea flour if required.

Cook barley(40 minutes -1 hour) and chickpeas (2-3 hours).
Mash the cooked chickpea with a potato masher or in a processor until grainy, it does not need to get smooth like hummus. Do not add water to this, if using canned chickpeas be sure to drain out all the liquid.
Cook the frozen peas and cauliflower for about 5 to 6 minutes until soft and drain.
Cook the Scotch oats in water for a minute.
Mix together the mashed chickpea, the cooked vegetables and the oats in a large bowl.
Add the cumin, coriander, salt, chilli powder, chilli paste, ground ginger, turmeric and mix well.
Add the cream of wheat and the cooked barley to this.
If the mixture is too soft and difficult to handle a little wheat flour or chick pea flour to make the mixture a little firmer.
Shape into large balls and flatten (use some all purpose flour or rice flour to aid this process if required).
Heat a heavy fry pan and place the cutlet on it and cook on medium heat adding a few drops of olive oil to each side.
Serve hot with coriander chutney or use to make veggie burgers or as a filling in a sandwich.

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