

Crispy chickpea nuggets

by Chef Keysh

I love finding creative ways to turn everyday ingredients into comfort food, and these crispy chickpea nuggets do exactly that. They're crunchy on the outside, tender on the inside, and pair perfectly with sweet potato fries for a satisfying meatless meal. Don't skip letting the nuggets crisp up before flipping them to get the best texture.

(Makes 18-24 nuggets)

Ingredients

For the nugget mixture

- 2 (15 oz) cans chickpeas, drained, rinsed, and patted dry
- 1 flax egg (or vegan egg mixture)
- 1/2 - 3/4cup breadcrumbs (add as needed for binding)

For the seasonings

- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 tsp Italian seasoning (or 1/2 tsp oregano + 1/2 tsp parsley)
- 1/2 tsp cumin (optional)
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne (optional)

For coating

- 1/2 cup cornstarch
- 2 cups breadcrumbs (regular or panko)
- 1 flax egg, beaten (or vegan egg mixture) - will be used as egg wash

For frying

- Vegetable oil (about 1–2 inches deep)

Instructions

1. Make the mixture

- Add the chickpeas, 1 flx/vegan egg, seasonings, and ½ cup breadcrumbs to a food processor.
- Pulse until the mixture is mostly smooth with a little texture. If it's too soft or sticky to shape, mix in another ¼ cup breadcrumbs.

2. Chill

- Transfer to a bowl, cover, and refrigerate for 30–60 minutes. This helps the nuggets firm up.

3. Shape

- Scoop about 2 tablespoons of mixture and form into nugget shapes.

4. Bread

- Roll each nugget in cornstarch, shaking off the excess.
- Dip into the beaten flax/vegan egg.
- Coat thoroughly in breadcrumbs, pressing gently so they stick.

5. Fry

- Heat vegetable oil to 350°F (175°C).
- Fry 4–6 nuggets at a time for 3–4 minutes, turning once, until golden brown and crisp.

6. Transfer to a wire rack or paper towel-lined plate.