CHICKPEA MEATBALLS WITH LOLLO VERDE LETTUCE

Categoria: Starter **Tempo di preparazione:** 1 hour and 15 minutes **Difficoltà:** facile

Ingredienti per 6

- 200 g canned chickpeas
- 1 clove garlic, lightly crushed
- 1 egg (2 if small)
- 40 g fresh spring onion
- 50 g grated pecorino cheese
- a few gratings of lemon rind, to taste
- 60/70 g breadcrumbs
- black pepper, to taste
- live oil for frying
- 200 g lollo verde lettuce
- 70 g lamb's lettuce (corn salad)
- 100 g scamorza (smoked provola cheese), grated
- 50 g crushed pistachio nuts

For the dressing sauce for the lollo verde:

- 1 teaspoon of mustard
- 30 ml extra virgin olive oil
- the juice of half a lemon
- a pinch of salt

A light and nutritious dish brimming with healthy properties. Perfect as an appetizer or part of lunch or dinner. Here are the ingredients for about 30 chickpea meatballs.

Difficulty: **easy**
Cost**: low**

Preparation time**: 1 hour and 15 minutes**
Serves: **6**

Method

Drain the chickpeas. Heat the garlic in 1 tablespoon of olive oil in a saucepan, until it turns lightly golden, then add the chopped spring onion and the chickpeas and cook them slightly so they take on the flavour. Season with salt and pepper. Drain the chickpeas and reserve the oil they were cooked in.

Place the chickpeas in a bowl, add the egg, grated pecorino cheese, grated lemon rind and the grated scamorza/provola and mix well with a fork. If the mixture is too soft, you can add some breadcrumbs. Leave it to rest in the refrigerator for 30 minutes. Then make about 30 chickpea meatballs.

For the dressing sauce for the lollo verde lettuce: take the oil you left aside earlier and add the juice of ½ lemon and the teaspoon of mustard. Set aside.

Fry the chickpea meatballs in a frying pan. Drain and dry on oil-absorbing paper. In the meantime, place the lollo verde salad on a serving dish, dress with the prepared sauce, then arrange the chickpea meatballs on top and garnish with the pistachio nuts. Enjoy!