

Falafels



Ingredients

- 2 cans chick peas
- 1 lemon
- 1 small onion
- 2 cloves garlic
- 1 bunch fresh parsley
- 2 teaspoons cumin
- 1 teaspoon coriander
- 4 tablespoons plain flour
- 1 teaspoon baking soda
- 2 tablespoons olive oil

Makes 24

Tip

Serve with yogurt and sweet chilli sauce dipping sauce



1 DRAIN

Drain and rinse chickpeas.



2 CHOP

Peel and roughly chop onion. Peel garlic.



3 SQUEEZE

Finely grate rind of lemon and squeeze out the juice.



4 PLACE

Place all ingredients in a food processor.



5 BLITZ

Process ingredients until mixture comes together. Stop and scrape sides before blitzing again.



6 ROLL

Using wet hands roll tablepoon size pieces of mixture into balls and flatten slightly.



7 COOK

Heat olive oil in a frypan. Place falafels on frypan.



8 SERVE

Cook for 5 minutes on each side until golden brown. Serve immediately or allow to cool and enjoy cold.