CHICKPEA FALAFEL

CRUNCH

Ingredients for 2 portions

You'll need: chopping board, sharp knife, small bowl, large bowl, food processor or blender, frying pan, spatula

280g tinned chickpeas, drained
Juice of ½ a lemon
2 cloves of garlic peeled and crushed
1 tsp ground cumin
1 tsp ground coriander
½ tsp cayenne pepper
½ fresh green chilli, deseeded and finely chopped
1 dessertspoon tahini (optional)
1 tsp salt
50g plain or gram flour
1 tsp baking powder
2 tbsp fresh parsley, chopped
1 tbsp fresh mint, chopped
2–3 tbsp rapeseed or sunflower oil for frying

To serve:
2 pitta breads
Tahini sauce
Handful of salad leaves

Prepare The Ingredients First. Then Follow Steps 1 to 7.

Step 1

In a bowl, mix together the chickpeas with the lemon juice, garlic, cumin, coriander, cayenne, fresh chilli, tahini and salt.
Puree with a food processor or hand-held blender.

Step 2

Add the flour, the baking powder and the chopped herbs and mix together.

Step 3

Using your hands, roll the mixture into little balls the size of a walnut (about 3cm in diameter).

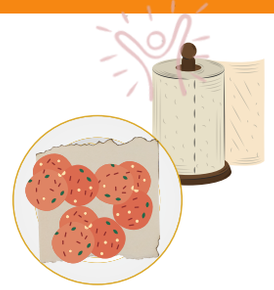
Step 4

Heat 2 tbsp oil in a non-stick frying pan to fry the falafel. When the oil is nice and hot, place the balls into the oil, push them gently down with a spoon to form little patties.

Step 5

Fry the falafel gently for about 4 minutes on each side, so that they form a golden crust. You may need to do this in batches.

Step 6



Remove and place on a piece of kitchen paper to eliminate any excess oil.

Step 7

Serve the falafel in warmed pitta breads with some hummus or tahini sauce lemon wedges and, if you like, some crispy salad.