

falafel

Makes: 4 portions

ingredients

1 can of chickpeas (400g, rinsed and drained

1 small onion, peeled

1 clove garlic, peeled

40 g of breadcrumbs (from 1 slice of bread)

1 teaspoons ground cumin

1 teaspoons ground coriander

2 tablespoons chopped fresh parsley

1 tablespoon olive oil

method

1. Chop onion and garlic finely.

2. Mash chickpeas with fork or potato masher and combine with onion and garlic.

3. Add chickpeas, breadcrumbs, cumin, coriander, parsley and olive oil, and mix.

4. Mould into 16 balls and place on a lined baking tray.

5. Place tray into preheated 180°C 180C fan oven and bake for 25 minutes, turning the falafel half way.

equipment

Knife & chopping board

Baking tray

Potato masher

Mixing bowl

Spatula or tongs

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