



Chickpea Falafel

SERVINGS: 2

**PREP TIME: 10 MIN + 30
MINS IN FRIDGE**

COOK TIME: 10 MIN

Ingredients

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



great source of
vegan protein!

Method

1. Mix together the chickpeas with the lemon juice, garlic, cumin, coriander, cayenne, fresh chilli, tahini and salt and puree with a food processor or hand-held blender.
2. Add the flour, the baking powder and the chopped herbs and mix together.
3. Roll the mixture into walnut-sized balls and let them set in the fridge for 30 minutes.
4. Heat 1 tbsp oil in a non-stick frying pan and when nice and hot, place the balls into the oil, push them gently down with a spoon to form little patties. Fry them gently for about 4 minutes on each side, so that they form a golden crust. You may need to do this in batches. Remove and place on a piece of kitchen paper to eliminate any excess oil.
5. Serve hot or cold in a gf wrap or pitta, with some tahini sauce, and a herby salad.