

Falafel

Equipment

Food processor

Chopping board

Wooden spoon

Ingredients

2 cups canned chickpeas

½ red onion

3 garlic cloves

1 cup breadcrumbs

½ teaspoon cayenne pepper

1 ½ tsp. ground cumin

3 tsp. ground coriander

2/3 cup flat leaf parsley

½ cup fresh coriander

1/3 cup plain flour

1 ½ teaspoons sesame seed

1 ½ teaspoons baking powder

Vegetable oil for deep frying

Method

1. In a food processor, combine the onion, garlic, coriander, cumin, salt and cayenne pepper and pulse until finely chopped. Add the parsley and coriander and pulse until the herbs are coarsely chopped. Add the chickpeas and pulse until roughly chopped, do not over blend.

2. Transfer the mixture to a bowl and stir in the flour, sesame seed, breadcrumbs and baking powder shape into balls.
3. Heat 3 inches of oil to 180 oC. Fry the falafel in batches for 2-3 mins, until crisp and browned. Remove from the oil with a slotted spoon and dry on paper towel.
4. Arrange the falafel on a platter with naan bread, green sauce serve.