



FALAFEL

Serves 2

❖ **Ingredients**

- 100g dried chickpeas (do not use canned chickpeas)
- 1 small minced onion
- 3 minced garlic cloves
- 30g coriander
- 30g parsley
- 20g fresh mint
- 1/2 teaspoon baking powder
- 1 tablespoon coriander powder
- 2 tablespoons of white sesame seeds
- Salt/ pepper to taste

❖ **Method**

1. Soak chickpeas for at least 18 hours, ideally for 24 hours. Remember that chickpeas will triple in size, so ensure they are well covered in water
2. Drain and rinse chickpeas, pat them dry
3. Add all the ingredients (except sesame seeds) to the blender and pulse it a few times until the mixture is well combined
4. Add sesame seeds and mix together with a spoon
5. Chill in a fridge for about 30 minutes
6. Preheat the oven to 190C
7. Scoop a tablespoon of the falafel mixture and form into a patty (1.5cm thick each). It helps to have wet hands as you form the patties. Repeat for the rest of the mixture.
8. Bake for 25-30 minutes and flip falafels half the way through, bake until golden
9. Serve warm or cold, you can also freeze for up to 3 months