

falafel

Ingredients

- 250g of chickpeas
- 100g faba beans
- 1 onion
- 1 garlic clove
- 1 bunch of parsley
- ½ bunch of coriander
- ½ tsp cumin
- ½ tsp salt
- ½ tsp pepper
- 1 tsp falafel spices
- ½ tsp bicarbonate soda

Method

- soak the chickpeas and the beans overnight
- drain them be just before use
- chop all ingredients (excluding the bicarb) in a food processor
- in a large bowl add the bicarb to the mixture mix in properly, leave to set for a few minutes
- using place some paste on top of the falafel machine while holding down the lever, remove excess paste
 - release the lever allowing the formed patty to fall into the oil, deep fry until golden brown
- Serve with tahini sauce (see separate recipe)