

Festive Falafel Burgers

Makes 6-8 burgers



Ingredients (allergens in bold)

- 1 tin of chickpeas (400g) drained and rinsed
- 4 spring onion, finely chopped
- Handful fresh parsley, finely chopped
- 2 tbsp plain or gram flour
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp garlic granules or 1 garlic clove (finely chopped)
- 2 tbsp vegetable oil or olive oil

Method

1. Drain & rinse the chickpeas, then place in a large bowl.
2. Add the spring onion and parsley to the bowl and use a masher or blender to break down the chickpeas to a soft consistency.
3. Add the spices, garlic and flour, and mix together. The consistency should be stiff, if it's too soft add more flour, if too dry add a dash of water.
4. Form the mixture into small patties or triangle tree shape – it should make 6 – 8 falafel.
5. Heat the oil in a pan on medium to high heat and fry falafels for approx. 4 mins on each side, until golden.
6. Once golden on both sides, remove from the pan and leave to sit in some kitchen roll until cool.
7. Serve in a pitta/wrap or with couscous, or alone with salad and a healthy sauce e.g. tzatziki, salsa or coleslaw.
8. Or serve as part of your festive Christmas dinner.
9. Experiment turning the falafel pattie into a Christmas tree using peeled cucumber, cocktail stick and fruit for the star!
10. Enjoy!



Top Tips:

- You could add some cranberries to this recipe to add a festive feel!
- Experiment using different shapes such as snowmen, snowballs or Christmas trees

Can you turn your falafel burger into a festive Christmas tree?!

