

Falafel

Makes 4 falafel



These Middle Eastern spicy chickpea 'burgers' are traditionally deep-fried but in this recipe they are baked. Serve them warm in a pitta bread with salad drizzled with Tahini Dressing.

Ingredients (allergens in bold)

- 1 x 400g can chickpeas – rinsed and drained
- 1 lemon – zested and juice squeezed
- 1 egg
- 50g white **breadcrumbs**
- 4 spring onions – trimmed and finely sliced
- 4 cloves of garlic – peeled and crushed
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon chilli powder
- 1 fresh red chilli – deseeded and finely chopped
- 2 tablespoons fresh parsley – finely chopped
- 2 tablespoons fresh coriander – finely chopped
- 2 tablespoons olive oil – for brushing

Method

1. Put the chickpeas into a pan of boiling water. Cover and simmer for 5-6 minutes until they become softer. Drain and put into a mixing bowl and mash with a fork or masher until crushed but not smooth.
2. Crack the egg into a small bowl and beat with a fork. Add all of the ingredients to the crushed chickpeas and mix well with a wooden spoon.
3. Divide the mixture evenly into 4 portions. Shape each portion of the mixture into even sized balls. Shape to resemble a burger shape.
4. Brush a thin layer of olive oil on the baking tray. Place the falafel on the tray and brush the tops lightly with oil.
5. Bake for 15 mins at 220°C/Gas 7 until golden and hot.



Equipment

- sharp knife
- garlic crusher
- saucepan and lid
- mixing bowl
- fork or masher
- wooden spoon
- grater
- lemon squeezer
- tablespoon
- pastry brush
- baking tray
- grater

Recipe notes and tips

- Serve with a Tahini Dressing made by combining 1 teaspoon light tahini, 1 tablespoon chopped mint, the juice of half a lemon and 4 tablespoons of natural yoghurt.
- Why not make this recipe for a summer community event?