



Falafel

SERVINGS: 4

SOAK TIME: 12-24 HRS

COOK TIME: 20MINS

INGREDIENTS

- 1 cup dried chickpeas (I find using dried chickpeas much better than canned)
- 2 tablespoons tahini (also works with peanut butter)
- juice of 1 lemon
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground coriander
- 1/4 tsp turmeric
- 1/2 cup vegetable stock
- 2 cloves garlic
- large handful of fresh basil or parsley
- salt and pepper to taste

METHOD

1. Soak dried chickpeas in water for 12-24 hours.
2. Wash and drain chickpeas once soaked.
3. Add all ingredients to a food processor and process for around 5 minutes.
4. Spoon tablespoon sized balls of mixture into a hot pan and fry in a small amount of oil on each side for a few minutes or bake in the oven on baking paper for around 10 minutes until golden.

**If you have time, add an extra kick of flavour by using toasted cumin and coriander seeds instead of ground spices. Place whole cumin and coriander seeds in a pan on medium heat for around 5 minutes until fragrant then grind your own with a bullet, grinder or mortar and pestle.*

Dried chickpeas are super cheap and super nutritious. They make for a tasty crunchy wrap filling, burger patty or topped on a salad. Just remember to soak them in advance.