

Falafels

Makes 25



300g dried chickpeas

1 medium onion

3 clove garlic

small bunch fresh parsley

small bunch fresh coriander

2 teaspoons ground coriander

2 teaspoons ground cumin

1 teaspoon salt

1 teaspoon ground white pepper

gram flour

1. Soak the chickpeas in cold water overnight.
2. The next day blend the soaked, uncooked chickpeas in a food processor. You may need to do this in two batches.
3. Add the rest of the ingredients and blend together.
4. Leave to stand for 30 minutes. If the mixture is quite wet, add gram flour a little at a time until the mixture can be moulded without sticking to your hands but not too dry.
5. Divide into 25 balls then flatten slightly.
6. To cook – Deep fry or shallow fry on both sides until golden brown and hot in the centre.
7. Cooked falafels can be frozen and reheated from frozen.

Falafels are really easy to make if you have a food processor.

Try adding raw vegetable before blitzing – you may need to add extra gram flour if any added vegetables make the mixture too wet. This is a great way to get children and adults to eat pulses and added vegetables.