



# Falafels

## Equipment

- Mixing bowls
- Chopping boards
- Chef knives
- Baking trail
- Baking paper
- Pan
- Masher
- Wooden spoon

## Ingredients

- 4 tbsp olive oil
- 2 small onion, finely chopped
- 2 garlic cloves, crushed
- 800g can chickpeas
- 4 tsp chopped parsley
- 1 tbsp mixed herbs
- 2 lemon, zest grated
- salt and black pepper
- 2 eggs, beaten

## From The Garden

- Parsley
- Lemon

## What to do

1. Heat a tablespoon of oil in a small pan. Fry the onion over a medium heat for 3-4 minutes until softened. Add the garlic and fry for a further two minutes and remove from the heat.
2. Drain and rinse the chickpeas and transfer to a mixing bowl. Add the sautéed onion and garlic and crush together with a potato masher until the mixture is broken down.
3. Add the cumin, mixed herbs and lemon zest and mix well. Taste and season with salt and pepper. Add the eggs and mix together.
4. Preheat the oven to 200C. Divide the mixture into 30 walnut-sized balls and place on a non-stick baking tray.
5. Drizzle with the remaining oil and bake for 20 minutes, or until crisp and golden-brown.
6. Turn occasionally to ensure even cooking.