



FALAFEL



INGREDIENTS

- 720g cooked chickpeas (or 2 x 400g tins)
- 1 tablespoon cumin seeds
- 1 teaspoon turmeric
- ½ teaspoon cinnamon
- 3 garlic cloves
- 1 egg
- 4 tablespoons flour
- 1 teaspoon sea salt

TO COOK

- Enough rice bran oil to make a shallow pool in the pan.

EQUIPMENT

- Chopping boards
- Sharp knives
- Small frying pan
- Measuring spoons
- Food processor
- Large bowl
- Spatula
- Large frying pan
- Egg flip
- Paper towel
- Serving platter

INSTRUCTIONS

1. Using a small frying pan, dry roast the cumin seeds until fragrant and starting to brown.
2. Peel and roughly chop the garlic cloves.
3. Blend all the ingredients except the oil in the food processor until almost smooth (leave it a little chunky). If it is too wet and sloppy, add a teaspoon of flour at a time until you have the right consistency.
4. Transfer the mix to a large bowl using a spatula.
5. Using two spoons, shape balls out of the mixture, and flatten them down slightly.
6. Add the oil to the frying pan on medium heat and once the oil is hot, cook the falafels until they are golden on both sides.
7. Drain them on paper towel then arrange on a serving platter.

