

Falafel

Syria

Prep Time: 15 mins. Cooking Time: 30 mins.

Ingredients

- 400g can of chopped chickpeas (drained)
- 1 clove garlic, chopped
- Handful of chopped parsley
- 1 red onion, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp harissa paste
- 2 tbsp plain flour
- 2 tbsp sunflower oil
- ½ tsp ground cardamom

Method

1. Pat the chickpeas dry with kitchen paper. Tip into a food processor along with the onion, garlic, parsley, spices, flour and a little salt.
2. Blend until fairly smooth but try to keep some texture in there (small chunks are fine).
3. Shape into small balls (golf ball sized) with your hands.
4. Heat the oil in a non-stock frying pan, add the falafel balls and quickly fry for 3-4 mins until lightly golden.
5. These are nice served with toasted pittas, tahini sauce and a simple green salad.

