



FALAFEL

INGREDIENTS

250g dried (medium) chickpeas	1/2 tsp cumin
100g split, dried fava beans	1/2 tsp salt
1 onion	1/2 tsp pepper
1 clove garlic	1 tsp falafel spices
1 bunch parsley	1/2 tsp bicarbonate soda
1/2 bunch coriander	Rice bran oil for frying

METHOD

Soak the chickpeas and the beans overnight.

Drain and rinse them just before use.

Chop all ingredients (excluding the bicarb) in a food processor.

In a large bowl, add the bicarb to the mixture and combine well.

Leave to set into a paste for a few minutes.

Place some paste on top of a falafel machin, while holding down the lever, and remove excess paste (which can be returned to the mixture).

Release the lever, allowing the formed pattie to fall from the machine. Deep fry the patties in batches in very hot oil (180 C). Rice bran until golden brown. Drain on absorbent kitchen paper.

Serve the cooked patties with tahini dip – on their own, with salad, or in wraps.