

Tasty Falafel

Serving size 20

Ingredients

- 2 x 400g cans chickpeas, drained
- 2 tbsp of ground coriander
- 2 tbsp of ground cumin
- 3 cloves garlic
- 1 cup coriander, finely chopped
- ½ cup flat leaf parsley, finely chopped
- ½ red onion, finely chopped
- 1/3 cup self-rising flour
- 1 egg lightly beaten
- Extra virgin olive oil for shallow frying



Method

1. Add chickpeas to a food processor until they are finely chopped and combined. Transfer to a mixing bowl.
2. Add spices, garlic, herbs and onion to the chickpeas. Mix well.
3. Stir in flour and egg.
4. Using your hands, form little patties from the mixture about 4cm wide, squeezing them very firmly. Place on a baking tray and refrigerate for 30 minutes.
5. Heat oil in a non-stick frying pan. Place half of the falafel's into the hot oil, turning with the slotted spoon and when cooked place on a paper towel. Add more oil to the frying pan and repeat the process with the remaining falafel. For a healthier option: oven bake falafels at 180°C.
6. When all the falafel are cooked, place on the serving plate with lemon wedges and beetroot dip.

For more recipes visit www.tryfor5.org.au

*Share your imagine on Nutrition Australia's Instagram, Facebook or Twitter page
#NATryFor5 #NutritionAustralia*