



Falafel

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: coriander, mint, parsley

Equipment:

metric measuring scales and spoons
clean tea towels
chopping board
cook's knife
food processor
large bowl
spatula
large frying pan
egg flip
kitchen paper
serving platter

Ingredients:

720 g cooked chickpeas or 3 × 400 g tins
2 large handfuls of coriander, chopped
1 small handful of parsley, finely chopped
1 small handful of mint, finely chopped
1 tbsp cumin seeds, toasted
4 garlic cloves, peeled
2 tbsp rice flour
1 tsp sea salt
1 tsp white pepper
3 tbsp olive oil, for cooking

What to do:

1. Prepare all of the ingredients according to the instructions in the ingredients list.
2. Blend all the ingredients except the olive oil in the food processor until almost smooth (leave it a little chunky).
3. Transfer the mix to the large bowl using the spatula.
4. Shape the mix into flattish balls, about 3 cm around.
5. Add the oil to the frying pan on medium heat and cook the falafels until they are golden on both sides.
6. Drain them on kitchen paper then arrange on the serving platter.

