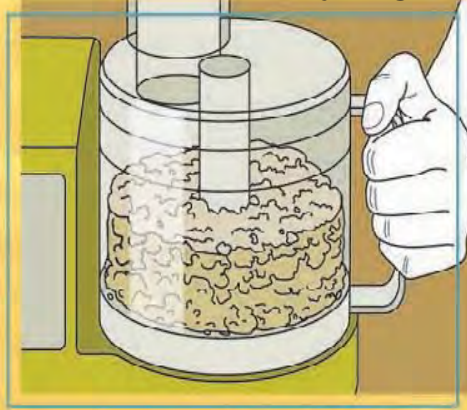


# Falafels

These chickpea patties are a popular Middle Eastern snack. Spicy and delicious, falafels are great for serving up to both vegetarians and non-vegetarians. Full of protein and fibre, they're good for you, too.

**MAKES 12 FALAFEL**  
**PREPARATION: 20 MINUTES**  
**COOKING: 6 MINUTES**

400g can chickpeas, drained  
½ small onion, chopped  
1 garlic clove, chopped  
2 tbsp all-purpose flour  
1 tsp ground cumin  
1 tsp ground coriander  
1 tbsp chopped fresh parsley  
Freshly ground black pepper  
200 ml sunflower oil

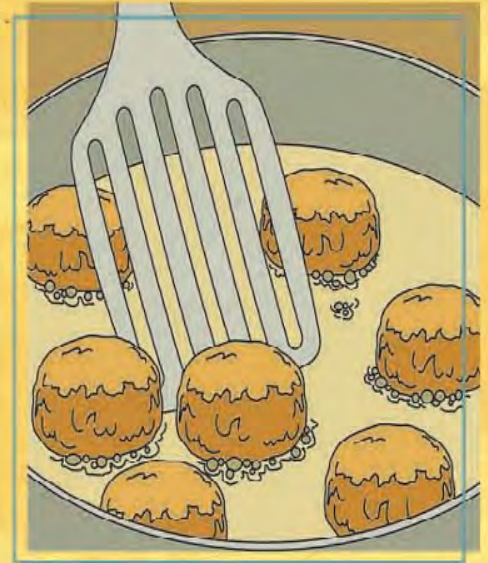


**1** Place the chickpeas, onion, garlic, flour, cumin, coriander, parsley, and pepper into a food processor. Blend until smooth.



**2** Lightly sprinkle the work surface with some flour and tip out the mixture from the food processor. Divide it into 12 equal portions and shape each one into a flat, round patty.

**3** Pour the sunflower oil into a frying pan over medium heat. When hot, fry the falafel for about 3 minutes on each side, or until they are crisp and golden.



**4** Using a spatula, carefully take out the cooked falafel and place them on a plate lined with paper towels to drain any excess oil. Serve warm or cold with a salad.

