



PEA & BROAD BEAN FALAFEL

Preparation Time

Soak chickpeas overnight
15 minutes

Cooking Time

30 minutes

Serves

6

Ingredients:

300g dried chickpeas
300g podded broad beans
1 red onion, finely chopped
2 cloves garlic, crushed
1 bunch parsley
1 tbsp baking powder
1 tbsp ground cumin
1 tbsp ground coriander
2 tsp ground allspice
1 tsp chilli powder
1 tbsp salt
Vegetable oil for frying (grapeseed,
canola, and peanut oil work well)

Preparation:

Soak chickpeas overnight.

Drain soaked chickpeas and pulse in food processor until they resemble coarse breadcrumbs.

Add remaining ingredients and blend until the mixture forms a rough paste.

Deep fry tablespoons of mixture until golden brown and cooked through.

Drain well and serve with yoghurt and tahini dressing.



Nutritional tip:

Chickpeas are loaded with calcium, iron, phosphorus, zinc, folate, potassium, B vitamins and magnesium.

Fight food waste:

Combine leftovers with falafel to make a wrap or salad.