SCRAPS FALAFEL

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**INGREDIENTS**

1 cup chickpeas (makes 2 cups after soaking) or 2 cups cooked mashed potato

1 cup old wrinkled herbs, finely chopped (such as parsley, celery leaves, cilantro)

1/2 wrinkly onion, chopped

1 tsp salt

½ tsp baking powder

1 egg (helps with binding but optional for vegans)

2 Tbsp chopped nuts (optional)

1 cup flour (use leftover vegetable pulp from juicing as a gluten-free substitute: 3/4 cup pulp to ¼ cup regular flour)

## Instructions

Soak the chickpeas overnight in water, then drain. Blend with the salt and herbs until coarsely blended (not pureed). Add baking powder and vegetable pulp or regular flour. Mix in the egg. The dough should form a ball and not stick in your hands. Refrigerate for several hours.

When ready to cook, form into balls about 1 1/2- to 2 inches wide. Heat vegetable oil in a wok or sauté pan and test by dropping a bit of batter in it and seeing it sizzle/fry. Next test fry one falafel ball first, browning about 2 minutes per side. If the falafel does not hold together enough, add a little more flour to the batter. Fry in batches of six. Remove, drain off oil and serve warm.

Note: if you have old bread, you can roll the falafel batter in the bread crumbs before frying for an extra crispy coating.

**CREDIT**

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Obtained from SAVETHEFOOD.COM