## Making falafel

How to make falafel, a deep-fried ball made from ground chickpeas, fava beans, or both.

Falafel is a very famous Middle Eastern dish that most likely originated in Egypt. The fritters are now found around the world as part of vegetarian cuisine, and as a form of street food.

Ensure you have the following ingredients to hand before you begin.

- 400g can chickpeas, rinsed and drained
- 1 small red onion, roughly chopped
- 1 garlic clove, chopped
- handful of flat-leaf parsley or curly parsley
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp harissa paste or chilli powder
- 2 tbsp plain flour
- 2 tbsp sunflower oil
- · toasted pitta bread, to serve
- 200g tub tomato salsa, to serve
- green salad, to serve
- 1.

Note:

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Drain a 400g can chickpeas and pat dry with kitchen paper.

- 2. Tip into a food processor along with 1 small roughly chopped red onion, 1 garlic clove, handful of flat-leaf parsley, 1 tsp ground cumin, 1 tsp ground coriander, ½ tsp harissa paste or chillli powder, 2 tbsp plain flour and a little salt.
- 3. Blend until fairly smooth, then shape into four patties with your hands.
- **4.** Heat 2 thsp sunflower oil in a non-stick frying pan, add the burgers, then quickly fry for 3 mins on each side until lightly golden.
- 5. Serve with toasted pitta bread, 200g tub tomato salsa and a green salad.