

**VIDEO LINK** > <https://youtu.be/NZ1MqICuo9E>

# Falafel

## Ingredients

2x 400g tins of chickpeas  
 Small bunch parsley (1/2 cup when chopped)  
 12 large mint leaves  
 2 spring onion  
 1 head of broccoli (optional)  
 1 lemon  
 3 garlic cloves  
 2 tsp ground cumin  
 1 tsp ground coriander  
 2 tsp olive oil  
 1 tsp baking powder  
 2 Tbs plain flour  
 Salt and pepper  
 Olive oil for brushing  
*Makes Approximately 20 Falafel*



## Tahini Sauce

$\frac{3}{4}$  cup tahini  
 $\frac{3}{4}$  cup water  
 2 garlic cloves  
 1-2 limes (lemons can be substituted)

## What to do:

1. Preheat the oven to 200c
2. Wash the broccoli. Cut in half. Discard stem and chop into small florets. Toss broccoli through 2tsp olive oil and bake in the oven for 15 minutes
3. Peel and chop the garlic. Sprinkle with salt and smash into a paste using a fork
4. Wash the spring onion, remove the stems and slice
5. Wash the parsley and mint. Pick off the leaves and chop
6. Zest and juice half the lemon
7. Drain and rinse the chickpeas
8. In the bowl of a food processor add the chickpeas, parsley, mint, broccoli, garlic, lemon zest and juice, cumin, coriander, baking powder and season with salt and pepper
9. Process the ingredients until the chickpeas are smooth, everything is finely chopped and well combined. You will need to stop and scrape down the sides of the bowl a few times during this process
10. When the falafel mix is ready, use a large spoon or spatula to mix through the flour
11. With damp hands, roll table spoons of the mix into balls or small patties and arrange on a baking tray lined with baking paper. Brush with a little more olive oil
12. Bake falafel in a 200c oven, for 15 minutes. Carefully flip the falafel over and continue cooking for another 10-15 minutes. Both sides should be golden and crunchy when ready
13. To make the sauce. Peel and chop the garlic. Sprinkle with salt and smash into a paste using a fork
14. In a bowl mix together the tahini, garlic, juice of 1 lime and garlic. Taste. Add more lime juice if needed
15. Serve the falafel with the sauce
16. Enjoy