

Zucchini Falafel

Ingredients

3x 400g tins of chickpeas
Bunch parsley (3/4 cup when chopped)
16 large mint leaves
2 spring onion
½ onion
2 small zucchini
½ small lemon
3 large garlic cloves
3 tsp ground cumin
1 ½ tsp ground coriander
2 tsp oil
1 tsp baking powder
2/3 cup plain flour
Salt and pepper



What to do:

1. Wash and grate the zucchini. Place in a colander. Sprinkle with ½ tsp salt, mix and let sit for 15 minutes
2. Peel and chop the garlic. Sprinkle with salt and smash into a paste using a fork
3. Wash the spring onion, remove the roots and slice
4. Peel and grate the onion
5. Wash the parsley and mint. Pick off the leaves and chop
6. Into a jug of a stick blender, add the garlic, onion, spring onion, parsley, mint and 2 tsp oil. Blend until the spring onion and herbs are chopped smaller
7. Using your hands, squeeze the excess water out of the zucchini and add to the herb and onion mix. Blend with the stick blender to form a paste
8. Zest and juice half the lemon. Add to a large bowl with some salt and pepper
9. Drain and rinse the chickpeas
10. Heat a frypan over low heat. Add the chickpeas and cook for 5-8 minutes to soften
11. Add the chickpeas to the bowl with the lemon juice and mash with a potato masher. Then using the stick blender blend until no big lumps remain and the mixture is pretty smooth
12. Add the zucchini and herb mix to the chickpeas. Combine using a fork. Add the baking powder, cumin, coriander and flour. Mix to combine
13. With damp hands, roll table spoons of the mix into balls, about the size of a walnut, and place on a lightly floured tray. Press lightly to flatten. This mix should make about 45 falafels
14. Pour oil into a fry pan until it is 1-1 ½ cm deep. Heat oil over low to medium heat
15. Cook the falafel in batches for 2 minutes each side until golden and crispy. Be careful when flipping as the mixture is soft. Transfer to a wire rack to cool and firm up
16. Serve and enjoy