

Falafel (Gluten Free/ Vegetarian)

Makes approximately 20

Ingredients

- 400g can of chickpeas, drained and rinsed
- 1 medium onion, roughly chopped
- 1 tsp garlic paste
- 1 ½ tsp ground cumin
- 1 tsp ground coriander
- 1 bunch coriander
- 1 bunch flat leaf parsley
- 50g gluten free flour (we used Doves Farm)
- 1 medium egg, beaten
- Sunflower oil for frying

Method

1. Put the chickpeas, onion, garlic paste, ground cumin and ground coriander into a food processor and pulse until just combined. Add the fresh herbs and pulse again to form a slightly rough puree.
2. Transfer the chickpea mixture into a bowl and add the flour and egg. Mix well and season with salt and pepper.
3. Form the mixture into approximately 20 walnut sized balls and place on a tray lined with baking parchment.
4. Pour the oil into a large deep non-stick pan until 1cm deep. Place over a medium heat and when the oil is hot, fry the falafel in 2-3 batches for 2-3 minutes on each side until nicely browned and hot throughout.
5. Drain the falafel on kitchen paper as soon as each batch is ready. Keep warm in the warming drawer until ready serve.
6. Serve with minted a yoghurt sauce as a canape or with pitta bread and salad as a light lunch.

