

# Falafel

**Season:** All

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** coriander, mint, parsley

## Equipment:

metric measuring scales and spoons  
clean tea towels  
chopping board  
cook's knife  
food processor  
large bowl  
spatula  
large frying pan  
egg flip  
kitchen paper  
serving platter

## Ingredients:

720 g cooked chickpeas or 3 × 400 g tins  
2 large handfuls of coriander, chopped  
1 small handful of parsley, finely chopped  
1 small handful of mint, finely chopped  
1 tbsp cumin seeds, toasted  
4 garlic cloves, peeled  
2 tbsp rice flour  
1 tsp sea salt  
1 tsp white pepper  
3 tbsp olive oil, for cooking

## What to do:

1. Prepare all of the ingredients according to the instructions in the ingredients list.
2. Blend all the ingredients except the olive oil in the food processor until almost smooth (leave it a little chunky).
3. Transfer the mix to the large bowl using the spatula.
4. Shape the mix into flattish balls, about 3 cm around.
5. Add the oil to the frying pan on medium heat and cook the falafels until they are golden on both sides.
6. Drain them on kitchen paper then arrange on the serving platter.

