

BROAD BEAN FALAFELS

Ingredients

- 2 cups drained and rinsed chickpeas from the tins
- 2 cups fresh broad beans removed from the pod and peeled
- 1 small onion finely chopped
- 2 garlic cloves finely minced
- 1 cup of parsley finely chopped
- 1 cup of mint finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon of ground coriander
- 1/2 a teaspoon of paprika
- 1 lemon rind and juice
- Dash of sea salt and freshly ground pepper

* $1\frac{1}{2}$ half cups of
breadcrumbs

METHOD

Place a pot of hot water on the stove, once the water has come to the boil place broad beans in for about 5 minutes, drain and run cold water over beans.

Place chickpeas, broad beans, dried herbs, lemon rind, garlic, juice and fresh herbs in the food processor. Gradually add water until mixture is the correct thickness (you need to be able to mix them into little patties)

Place in a bowl roll them into patties using a teaspoon. Roll in breadcrumbs to coat

Place a tablespoons of olive oil in the bottom of an electric fry pan

Place your falafel so carefully into the pan and cook until crisp and browning both sides

Remove from the pan and drain on paper towel

- 1 tsp baking powder
- add ~~flour~~ breadcrumbs to thicken
- rest in freezer for 15 minutes