

Year 2

Falafel

For 1 child (makes 4 falafel)



Ingredients

100g tinned chickpeas, drained
1/4 teaspoon garlic puree
3/4 teaspoon flour
1/4 teaspoon cumin
1/4 teaspoon ground coriander
1/4 teaspoon mixed herbs
pinch salt
oil

Method

1. Preheat oven to 200 °C (Fan 180 °C). Grease a baking sheet with oil and set aside.
2. Place drained chickpeas in a large bowl. Using a rolling pin or similar, crush the chickpeas until smooth.
3. Add the garlic puree, flour, cumin, coriander, mixed herbs and salt and mix well.
4. Using hands, form the mixture into balls approximately 1 inch in diameter.
5. Place falafel balls on the baking sheet. Lightly brush with more oil.
6. Put the baking sheet in the oven to cook for 15 minutes or until falafel are golden brown. Remove and allow to cool on the baking sheet before moving (this allows them to 'set').