



Felafel

400 g can of chickpeas (you can also soak chickpeas overnight and then cook them; I can never be bothered)

2 tablespoons of gram flour (chickpea flour), alternatively normal flour will do

1 good handful of parsley

1 teaspoon of dried cumin powder

1 teaspoon of dried coriander powder

Drain the chickpeas well, you want them to be as dry as possible. Add all the ingredients together and mash. I usually do it in our food processor. The mixture should be quite sticky but firm enough that you can form little balls out of it. If you have a feeling it is too wet, simply add a bit of flour to it.

Form hazelnut sized balls out of the mixture and fry them in about 1/2 cm of oil until they are golden brown.

I usually served Felafel with hummus to dip them in, a tomato/ cucumber salad and wedges of pitta bread.