

Falafel

Ingredients

- 2 brown onions, chopped
- 3-4 garlic cloves, crushed
- 1 tablespoon ground coriander
- 1 teaspoon cumin seeds
- 3 x 400g cans chickpeas, drained, rinsed
- 1 1/2 cups chopped fresh flat-leaf parsley leaves
- 1 cup coriander, if available
- ½ cup plain flour
- 2 eggwhites
- 4 tablespoons olive oil

Method

1. Peel and quarter onions. Crush garlic, coriander, cumin, chickpeas, parsley, flour, eggwhite, salt and pepper in a food processor. Process until almost smooth. Using floured hands, shape mixture into four 2cm-thick patties. Place on a plate. (if time, place in fridge for up to 30 minutes)
2. Heat oil in a large frying pan over medium heat. Cook patties for 4 minutes each side or until cooked through.

Yoghurt Sauce

- 2 teaspoons crushed garlic
- 1 teaspoon salt
- 2 cups natural yoghurt
- 2 tablespoons fresh lemon juice

Method

1. Mix ingredients in a medium bowl until well combined.
2. Pour into 5 small bowls and place in centre of large plates with falafel arranged attractively around the edge.