

Falafel

Serves 6, prep 20 mins, Cook 10 mins

250g tinned chickpeas
1 bunch fresh coriander, roughly chopped
1 bunch fresh flat leaf parsley, roughly chopped
4 tbsp tahini paste
3 garlic cloves, crushed to a paste with salt
½ onion grated
1 egg
1½ tsp cumin seeds, roughly ground
1 tsp coriander seeds, roughly ground
50g chickpea flour or plain flour
750ml sunflower oil, for deep-frying
salt
black pepper
4 tbsp of sesame seeds (optional)

1. Drain the soaked chickpeas. Place in a food processor and process until they form a fairly smooth paste.
2. Transfer to a bowl and add the tahini paste, garlic, salt and pepper, spices, herbs, flour, onion and egg.
3. Shape the chickpea mixture into 2.5cm balls. Flatten slightly and roll in the sesame seeds if using them.
4. Heat the oil in a frying pan and fry in batches, cooking 1 to 2 minutes on both sides. Transfer onto kitchen paper. Serve warm in flat bread with humus.