



# GREEN FALAFEL



The iconic street food of the Middle East! Falafel are delicious Middle Eastern balls of chickpea and herb goodness. Naturally vegan and vegetarian, they are great in wraps, salads and as gourmet appetizers.

**PREP TIME AFTER SOAKING: 15 MINUTES**

**COOK TIME: 20 MINUTES**

**MAKES: 15-20**

## INGREDIENTS

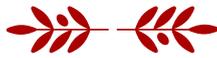
250 grams dry chickpeas (soaked 8-12 hours)  
½ brown onion  
4 garlic cloves  
1 bunch coriander (approximately 50-70 grams)  
½ bunch mint (approximately 30-40 grams)  
¼ bunch parsley (approximately 30 grams)  
1 small potato cut into ¼'s  
½ tablespoon coriander ground  
½ teaspoon cumin  
¼ teaspoon Bharat/Allspice  
¼ teaspoon paprika sweet  
Pinch chili powder  
Salt to season  
1 teaspoon baking powder  
2 tablespoons soda water (room temperature)  
Canola oil for deep frying

## NOTES FROM ROUBA

2 garlic cloves crushed  
½ cup tahini hulled  
½ cup cold water (it may be less or more - see Cook's note)  
3-4 tablespoons lemon juice  
Salt to season

## COOK'S NOTES

Keep in mind that the quality of tahini can vary with different brands so best to add the water gradually.  
The golden rule is to soak the chickpeas for at least 8 hours. Once soaked the chickpeas will expand in size, so make sure they are covered well with water.  
Canned chickpeas do not work



## Method



### Step 1.

Cover and soak the dried chickpeas overnight or for at least 8-12 hours with plenty of water. Then drain and rinse.

To make the tahini Sauce - Place Tahini, lemon juice, crushed garlic into a bowl. Whisk adding 1 tablespoon of water at a time until creamy and smooth. The Consistency should be creamy and pour-able similar to thickened cream before whipping. You may add more or less water than what's specified above. Season with salt.

Add the onion, garlic, parsley, coriander, mint, and potato to a food processor and pulse a little. Add the rinsed chickpeas and continue to pulse until the final mixture resembles coarse sand.



### Step 2.

Transfer the mixture to a bowl. Add the spices and season well with salt. Add the baking powder and mix through. Set aside for approximately 20 minutes.

Just before cooking, add the soda water, stir it together until it's well combined.

Shape a tablespoon of the mixture at a time into balls or using a traditional falafel mould (dip your hands or the mould lightly into a bowl of water) and carefully drop the falafel patties in the oil.

Alternatively you can use an ice-cream scoop.



### Step 3.

Deep fry in medium to hot oil approximately 6-8 falafels at a time and cook for approximately 4-5 minutes turning them to brown evenly. Once cooked and well browned, remove and drain on a paper towel.



### Step 4.

Serve hot in a split-open flat bread with salad vegetables and drizzle with the tahini sauce. Traditional salad vegetables used in this wrap:

- \*Cos lettuce (shredded)
- \*Tomatoes (sliced)
- \*Pickled turnips
- \*Pickled cucumber
- \*Parsley (chopped)



### Step 5.

Falafel bowl is your gluten-free option - Serve the salad vegetables in a bowl with hot falafels and tahini sauce.