

**MAKES
AROUND
4 PORTIONS**

A tin of chickpeas, yet so many possibilities! In plentiful supply & contains a great source of protein, use these great 3 recipes for a tasty dinner & a unusual dessert that really works.

TIPS

- You can add in any extra flavours or spices into these falafels – peas, beetroot, sweet potatoes, paprika, ginger, sesame seeds
- Make these in advance and pop them in the fridge - they will keep for days!



SIMPLE STORE CUPBOARD & MONEY-SAVING LEFTOVER RECIPES
HOMEMADE FALAFELS

INGREDIENTS

- 25g coriander, chopped
- 25g parsley, chopped
- 1 tsp cumin
- 250g chickpeas – keep the water!
- 10g garlic puree
- 1 tsp chilli flakes
- 50g gram flour – if you don't have that you can use any flour
- 1 tsp bicarbonate soda
- ½ lemon, juiced
- 50 ml rapeseed oil
- Salt & pepper

STEP 1.

Drain the chickpeas but retain the water for another time

STEP 2.

Add them to a blender & pulse until they have started to become smooth

STEP 3.

Pop the chopped herbs, garlic, lemon, bicarbonate soda, gram flour, salt & pepper

STEP 4.

Mould into balls (give about 3 per portion) and then flatten

STEP 5.

Heat a frying pan with a little rapeseed oil, once the pan is hot fry the falafels until golden on each side around 2/3 minutes for each one

STEP 6.

Pop in the oven to crisp up

STEP 7.

Serve either in a pitta bread with hummus, pickled red cabbage or either as part of a salad.