



Recipe

Falafel and Vegetable Sticks

Ingredients

- 2x400g cans chickpeas, drained.
- 1 garlic clove, crushed.
- 4 spring onions, chopped
- 1 tbp cumin.
- ½ tsp baking powder.
- 1 egg.
- ½ tsp dried coriander.
- Peppers [For the Veg Sticks]
- Carrots [For the Veg Sticks]
- Cucumber [For the Veg Sticks]

Step 1

Place all the falafel ingredients in a food processor. Blitz until the mixture is a coarse paste. Shape the mixture into 20 falafels and space them out on a tray. Chill for 15 minutes to set their shape.

Step 2

Pre-Heat the oven to 200C / Fan 180C / Gas 6 Lay the falafels on a baking tray lined with non-stick baking parchment and bake in the oven for 20 minutes

Step 3

Cut the peppers, carrots and cucumber into strips. Serve the falafel with the vegetable sticks and some hummus.