





Falafel balls with tzatziki



 Serves: 2 people

 Prep times: 15 mins

 Cook times: 15 mins

 Difficulty: Easy



Ingredients

Falafel

- 2 x 400g cans chickpeas, drained
- 2 tbsp of ground coriander
- 2 tbsp of ground cumin
- 3 cloves garlic
- 1 cup coriander, finely chopped
- ½ cup flat leaf parsley, finely chopped
- ½ red onion, finely chopped
- 1/3 cup SR flour
- 1 egg lightly beaten Canola oil for shallow frying

Tzatziki

- 2 (about 600g) Lebanese cucumbers, finely chopped
- 520g (2 cups) Greek style natural yoghurt
- 2 garlic cloves, crushed
- 2 tsp olive oil
- 1 tsp ground cumin
- Freshly ground black pepper

Method

1. Add chickpeas to a food processor until they are finely chopped and combined. Transfer to a mixing bowl.
2. Add spices, garlic, herbs and onion to the chickpeas. Mix well.
3. Stir in flour and egg.
4. Using your hands, form little patties from the mixture about 4cm wide, squeezing them very firmly. Place on a baking tray and refrigerate for 30 minutes.
5. Heat oil in a non stick frying pan. Place half of the falafel's into the hot oil, turning with the slotted spoon and when cooked place on a paper towel. Add more oil to the frying pan and repeat the process with the remaining falafel. For a healthier option: oven bake falafels at 180°C.
6. When all the falafel are cooked, place on the serving plate with lemon wedges and tzatziki.
7. To make Tzatziki, combine all ingredients in a bowl and mix well.

Notes

- Chickpeas are a good source of folate needed for a healthy heart, good source of protein, dietary fibre, antioxidant phytochemicals, and energy-producing minerals such as phosphorus and iron.
- Chickpeas originated in the Middle East, due to the high protein content of this legume.
- The first record of chickpeas being consumed dates back about seven thousand years.
- Purée chickpeas with, olive oil, fresh garlic, tahini and lemon juice to make a quick and easy hummus spread – and would go perfectly with this falafel recipe!