

Falafel with yoghurt sauce and chopped tomato and pickle salad

Falafel Ingredients

Chickpeas soaked overnight

4 tbs chickpea flour

1tsp ground cumin

1tsp ground coriander

Parsley finely chopped

Pinch of salt

Vegetable oil for frying

Yoghurt and sesame sauce see recipe attached

Chopped Tomato and Pickle Salad

6-7 gherkins roughly chopped

1 lettuce shredded

1. For the falafel drain chickpeas and blend in food processor to a paste. Place mixture into a mixing bowl then add flour cumin coriander and parsley.
2. Wet hands and roll the mixture into small balls. Heat oil in fry pan and fry in batches
3. Make yoghurt and sesame sauce and put aside.
4. For chopped pickle and tomato salad. Dice tomato, slice gherkins and shred lettuce.
5. Arrange on a platter shredded lettuce, tomato and gherkins. Place cooked falafel on top and then generously drizzle yoghurt sauce on top.