



# MIXER'S FANTASTIC FALAFEL

Falafel is a traditional Middle Eastern food that you normally eat with pita bread and lots of tasty salad.

**SERVES 5** (makes 15 falafel)



## INGREDIENTS

- 400g can chickpeas, drained
- 1 clove garlic, peeled
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 sprig fresh mint
- A small bunch of parsley
- 2 spring onions, chopped
- 1 large egg, beaten

## EQUIPMENT

- large mixing bowl • wooden spoon •
- food processor • oven tray • small plate •
- greaseproof paper knife • plate for serving •

1



Ask an adult to turn the oven on and preheat it to 200°C / Fan 180°C. Put all of the ingredients into a food processor and blend until combined and the mixture is a rough paste.

2



Being careful of the blade, empty the mixture from the food processor into a large bowl.

Using wet hands to prevent the mixture from sticking to your hands, take a small handful of falafel mixture and shape it into a ball. Continue doing this with the rest of the mixture until you have around 15 balls.

3



Line a baking tray with greaseproof paper. Arrange each ball on the tray so that they are not too close together.

4



Bake in the oven for around 30 minutes, until the falafels are lightly brown on the outside.

Serve in wholemeal pita bread, **Tzatziki dip**, salad leaves and sliced tomatoes.