

#HCAStudentRecipes

# EASY QUICK FALAFEL

- Veggie

## Method

1. Put the chickpeas in a saucepan and mash with a potato masher until as smooth as possible. (If you have a non-stick pan, use a plastic masher to protect the pan coating.)
2. Add the spring onions, cumin, lemon zest, flour and salt. Season with lots of black pepper and mix well with a wooden spoon.
3. Using your hands, form the mixture into six equal-sized balls and flatten slightly.
4. Add 2 teaspoons of the oil to a frying pan over a low heat. Add the falafel and cook for 4 minutes. Flip onto the other side and add another 2 teaspoons of oil to the pan. Cook for a further 3–4 minutes, or until golden brown and crisp on both sides.
5. Meanwhile put the cucumber, tomato and lettuce in a large bowl. Squeeze the juice of half the lemon into a small bowl, add a pinch of salt and pepper and using a fork whisk together with the olive oil to make a dressing. Pour over the salad and mix well.
6. Lightly toast the pitta breads then carefully slice open along one side using a sharp knife.
7. When ready to serve, arrange a little salad in each pitta, top with some of the falafels and add a squeeze of juice from the remaining lemon half. Add a spoonful of yoghurt, chilli sauce or hummus (or a bit of all three!) Serve with the remaining salad alongside.



## Ingredients

- 400g/14oz tin chickpeas
- 2 spring onions, finely chopped
- 1 tsp ground cumin
- 1 lemon, zest only
- 2 dsp plain flour
- ½ tsp salt
- Black pepper, freshly ground
- 4 tsp olive oil

### Salad to serve

- 3 tbsp olive oil
- 1 lemon, juice only
- ½ cucumber, peeled and thinly sliced
- 2 tomatoes, roughly chopped
- 1 round lettuce, washed and torn
- 4 pitta breads
- plain yoghurt
- chilli sauce
- hummus