

BROAD BEAN FALAFELS

Equipment needed –

Small knives, chopping boards, food processor, saucepan, frying pan, measuring spoons and a colander.

Ingredients from the Garden –

- 2 cups of broad beans
- 1 onion
- 2 cloves of garlic

Ingredients from the Pantry –

- 2 cans of chickpeas
- 4 tablespoons of plain flour
- 2 tablespoons of tahini
- 1 teaspoon of ground cumin
- 1 teaspoon of ground coriander
- 4 teaspoons of olive oil

What to do –

1. Fill a saucepan up with water and bring to the boil. Add 2 cups of broad beans and cook for 4 minutes. Empty into a colander over the sink and refresh with cold water.
2. Peel the broad beans and place in a food processor.
3. Open the cans of chickpeas, empty into a colander and rinse well with cold water.
4. Add the chickpeas to the food processor.
5. Peel the cloves of garlic and add to the food processor.
6. Measure out the flour and add to the food processor.
7. Measure out the tahini and add to the food processor.
8. Measure out the cumin and add to the food processor.
9. Measure out the ground coriander and add to the food processor.
10. Process until the mixture is smooth. Roll 1 tablespoons of the mixture into a balls and place on a lined baking tray. Repeat with the remaining mixture. Set aside for 15 minutes to set.
11. Heat the oil in a frying pan. Cook the falafels for 2 minutes on each side or until golden and cooked through.

Serves –

- 28 students.