

Carrot and Harissa Falafel

Equipment needed –

Graters, food processor, measuring cups, measuring spoons, colander, large bowl and a frying pan.

Ingredients from the Garden –

- 4 medium carrots
- 2 small red onions
- 2 eggs (replace with cooked sweet potato for egg allergies)

Ingredients from the Pantry –

- 800 grams of canned chickpeas
- 2 teaspoons of ground cumin
- 2 tablespoons of harissa
- ½ cup of plain flour
- 1 teaspoon of baking powder
- 3 cups of panko breadcrumbs
- Vegetable oil for frying

What to do –

1. Grate the carrots and place in the food processor.
2. Open the cans of chickpeas, empty into a colander over the sink and rinse well with cold water. Place the chickpeas in the food processor with the carrots.
3. Peel and roughly chop the onions and add to the food processor.
4. Measure out the 2 teaspoons of cumin and add to the food processor.
5. Measure out the 2 tablespoons of harissa and add to the food processor.
6. Process until well combines and transfer to a large bowl.
7. Measure out ½ cup of flour and add to the large bowl with the carrot chickpea mixture.
8. Measure out 1 ½ cups of breadcrumbs into the mixture and mix well to combine.
9. Add 1 teaspoon of baking powder, the 2 eggs (or sweet potato) and mix well to combine. Season with salt and pepper.
10. Roll level tablespoons of the carrot mixture into balls.
11. Sprinkle the remaining breadcrumbs (1 ½ cups) onto a plate, then roll the falafels in the breadcrumbs to coat.
12. Heat some oil in a frying pan over a high heat. Fry the falafels in batches for 2 minutes or until golden and cooked through. Drain on paper towel.
13. Divide the falafel between 3 serving platters.

Serves –

- 28 students.

