

Broadbean Falafel

Bialik College Kitchen Garden Program



Ingredients:

- 250g dried chickpeas, soaked overnight
- 2 cups fresh broadbeans, removed from the pod
- ¼ onion, finely chopped
- 1 garlic clove, finely chopped
- 1/3 cup parsley, chopped
- 1/3 cup coriander, chopped
- 10 mint leaves, chopped
- 1 teaspoon ground cumin
- 1 teaspoon sea salt
- 3 tablespoons water

Equipment:

- food processor
- spatula
- chopping board
- knife
- metric measuring spoons/cups
- saucepan
- slotted spoon
- paper towel

Method:

1. Drain chickpeas and place raw into the food processor.
2. Boil broad beans for 3 minutes and throw into the food processor.
3. Add onion, garlic, parsley, coriander, mint, cumin and salt.
4. Scrape down the side of the bowl.
5. Add the water and pulse until the mixture is fine and green.
6. Place mixture into a bowl.
7. In a frying pan, place 6cm of rice bran oil and let it heat up.

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8. Make golf size balls out of the mixture and using a slotted spoon, place into the hot oil. Fry for about 2 minutes in small batches until crisp & brown.
9. Drain on paper towels and serve.