Recipe for Falafel Pattie

A delicious, plant-based snack taken straight from week one of our Fresssh menu!

Makes

5 patties

Ingredients

500g	Tinned Chickpeas (in water)
1-2 x	Garlic Cloves
1 tsp	Fresh Parsley – chopped
1 tsp	Ground Cumin
1 tsp	Chilli Powder
2 tsp	Fresh Coriander – chopped
15ml	Vegetable Oil
1 x	Lemon – juiced
Pinch	Black Pepper
Pinch	Salt

Method

1. Drain the chickpeas and put them in a blender along with the garlic cloves.
2. Add the fresh herbs and spices with a little seasoning and lemon juice and blend to a smooth paste.
3. Divide in to 5 equal patties using your hands to shape them.
4. Heat the oil in a non-stick pan and fry each of the patties for 3 minutes on each side until nice and golden brown.

Serving Suggestion – delicious served in a warmed pitta with sliced avocado, salad leaves and a drizzle of natural yogurt.