



FALAFEL, TZATZIKI & PITTA FINGERS



SERVINGS:
MAKES 15



TIME:
35 MINS



DIFFICULTY:
MODERATE



COST:
££££

Ingredients:

For the tzatziki

- 170g Greek yoghurt
- 1/2 cucumber, halved & deseeded
- 1 clove of garlic, grated
- Handful of mint leaves, chopped

Pitta bread & pepper sticks, to serve

For the falafel

- 2x400g can chickpeas, drained
- 2 tbsp vegetable oil
- 2 garlic cloves, grated
- 2 eggs, beaten
- 1 onion, finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- Handful of parsley, chopped

Method:

1. Heat the oil in a large frying pan
2. Fry the onion & garlic over a low/medium heat, until softened
3. Add the cooked onions & garlic to a large mixing bowl with the chickpeas & spices, & mix together
4. Mash together with a fork/potato masher until the chickpeas are totally broken down
5. Stir in the parsley, egg & a crack of black pepper
6. Use your hand to mould the mix into 16 balls. Place on a chopping board & flatten them into patties
7. Heat the remaining oil in a pan, & fry the falafels over a medium heat, for around 3 minutes on each side, until golden brown and firm
8. Coarsely grate the cucumber & squeeze out the liquid
9. Mix the cucumber, mint, garlic & yoghurt together in a bowl
10. Serve with toasted pitta fingers & pepper sticks.