Carrot & Courgette Falafel

Ingredients

- 2 tbsp vegetable oil
- 1 small onion, finely chopped
- 1 carrot finely Chopped
- 1 courgette finely Chopped
- 1 garlic clove, crushed
- 400g can chickpea, washed and drained
- 1 tsp ground cumin
- 1 tsp ground coriander
- handful parsley, chopped,
- 1 egg, beaten

Method

- Heat 1 tbsp oil in a large pan, then fry the onion, carrot, courgette and garlic over a low heat for 5 mins until softened. Tip into a large mixing bowl with the chickpeas and spices, then mash together with a fork until the chickpeas are totally broken down. Stir in the parsley, with seasoning to taste. Add the egg, then squish the mixture together with your hands.

- Mould the mix into 6 balls, then flatten into patties. Heat the remaining oil in the pan, then fry the falafels on a medium heat for 3 mins on each side, until golden brown and firm. Serve hot or cold.

PROCURE
FOOD PROCUREMENT MADE EASY