



## FELAFEL

- 400 g can of chickpeas
- 2 tablespoons of gram flour  
(chickpea flour), alternatively  
normal flour will do
- 1 good handful of parsley
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder

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Drain the chickpeas well, you want them to be as dry as possible. Add all the ingredients together and mash. I usually do it in our food processor. The mixture should be quite sticky but firm enough that you can form little balls out of it. If you have a feeling it is too wet, simply add a bit of flour to it. Form hazelnut sized balls out of the mixture and fry them in about 1/2 cm of oil until they are golden brown. I usually served Felafel with hummus to dip them in, a tomato/ cucumber salad and wedges of pitta bread.

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