

Chickpea Falafels with Sweet Chilli and Mint Yogurt

Serves 4-6
Preparation time 15 minutes
Cooking time 10 minutes

2 spring onions, finely chopped
1 clove garlic, crushed
2 tablespoons chopped continental parsley
400g can chickpeas, drained
2 tablespoons plain flour
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon chilli powder or paprika (for a mild flavour)
¼ teaspoon salt
oil, for shallow frying
1 cup natural yogurt
1-2 tablespoons sweet chilli sauce
1 tablespoon finely chopped fresh mint or coriander
pocket pita bread, for serving
salad, for serving

Combine chopped spring onion, garlic, parsley, chickpeas, flour, spices and salt in a food processor and blend until smooth. Using wetted hands, roll tablespoons of mixture into balls, flatten slightly to form patties and shallow fry in hot oil until golden brown on both sides. Drain on absorbent paper. Combine yogurt, sweet chilli sauce and mint together. Split each pita pocket into two rounds and cut in half into semi-circles. Fill each pita piece with falafel, salad and Sweet Chilli and Mint Yogurt, rolling into cone shapes.

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