



# GREEN FALAFEL & TAHINI DRESSING

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

### Falafels

250g dry chickpeas

1/2 teaspoon bicarbonate soda

1 onion, sliced

3 cloves garlic

Large bunch of parsley (50g)

Small bunch of coriander (20g)

Pinch of salt

1 teaspoon ground cumin

1 teaspoon smoked paprika

1/2 teaspoon cayenne pepper (adjust up or down to taste)

### Tahini dressing

4 tablespoons tahini

Juice of a small lemon

1 tablespoon rose harissa (I love Belazu for this)

Warm water The quantities of spices can be increased or reduced to suit your family.

## PREP TIME

Soaking overnight

Prep time: 15mins

Cook time: 20mins

## METHOD

### Overnight

Place the chickpeas in a large bowl and sprinkle with bicarbonate soda and cover with water. Soak overnight or for 12 hours.

### Falafel

Place the chickpeas in your food processor and pulse until grainy.

. Remove from processor bowl and set aside. In the food processor, now add onion, garlic, parsley and coriander and pulse until smooth.

Add chickpeas back into the food processor along with all remaining ingredients.

Pulse until everything is evenly mixed.

. Remove mixture from the food processor and place in a bowl.

Cover and refrigerate for about an hour.

When you're ready to cook the falafel, heat oil in a large frying pan over high heat. Form the falafel mixture into small patties or balls and place in the hot oil.

Cook until golden brown on both sides. It will take about 5 minutes in total.

Remove from the pan and place on some paper towels to remove excess oil.

### .Tahini dressing

Whisk all ingredients in a small bowl and then add a little warm water to thin down to your desired consistency.

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