

CURRY VEGETABLE CHICKPEA FALAFEL

SERVES: 4–6 people

PREP TIME: 45 min

COOK TIME: 10–15 min



INGREDIENTS:

- $\frac{1}{3}$ cup currants
- 1 can chickpeas, drained and rinsed
- $\frac{1}{2}$ cup green peas, boiled
- 1 red onion, finely chopped
- 2 large carrots, grated
- $\frac{1}{2}$ cup zucchini grated
- 4 tbsp olive oil
- 2 tsp curry powder
- 1 tsp ground cumin
- 1 tsp paprika
- 2 cloves garlic, minced or finely chopped
- $\frac{1}{4}$ tsp salt
- 1 egg + 1 egg white
- 1 cup fresh breadcrumbs
- $\frac{1}{2}$ cup fresh cilantro leaves, chopped
- $\frac{1}{3}$ cup chickpea flour

METHOD:

1. Put currants in a 1 cup measuring cup and cover them with the hottest tap water. Set aside while you work on the rest of the recipe, so currants soften.
2. Whirl chickpeas and boiled green peas in a food processor until finely chopped and scrape them into a big mixing bowl and set bowl aside.
3. Heat 1 tbsp oil in a non-stick skillet. Cook onion over medium-high heat for 3–5 minutes until tender, stirring often. Add the grated carrots and zucchini and cook for another couple of minutes. Stir in curry, cumin, paprika, garlic and salt. Cook and stir for 2–3 minutes then remove from heat and set aside to cool for 5 minutes.
4. Into the bowl with the slightly cooled vegetable mix, add the chickpea and green pea mix.
5. Then add the egg, egg white, soaked currants, chopped cilantro (coriander) and breadcrumbs. Add and mix well.
6. Now add the chickpea flour until the mixture forms well together and is firm enough to roll balls or patties. Slightly more flour can be used to make firm, but light in texture.
7. Make the falafel patties into the most suitable size for you. For bite-sized appetizers, roll into small balls. For a main dish, make patty sizes larger.
8. Heat 2 tbsp oil in the same skillet. Cook the patties over medium heat for 4–5 minutes per side, or until golden brown and cooked through. Don't place too many in the skillet at the same time. Do them in small batches.

Serve with a sauce of your choice. We recommend tzatziki, peanut sauce or mango chutney. Enjoy!