



PEA & MINT FALAFELS

I first tried falafel in Amsterdam and loved them from the word go, but I noticed a lot of the time they were deep fried so I chose to make a version that you can bake in the oven.

- 300g frozen peas (defrost before using)
- 1 can chickpeas, drained
- Large handful of fresh mint
- 1 thumbnail size of ginger, peeled
- 2 tablespoon cumin seeds
- 2 teaspoon sea salt
- Unsweetened desiccated coconut to coat
- Wholemeal pitta bread each to serve
- Tahini to drizzle

1. Preheat oven to 180C/350F/170 Fan/Gas 5.
2. Pulse all the ingredients together in a food processor except the desiccated coconut.
3. Shape mixture into small balls, about the size of a ping pong ball and coat in desiccated coconut.
4. Transfer to a lined baking tray and bake in a pre-heated oven for 30 minutes.
5. Serve 2 - 3 in Pitta Bread and a drizzle of Tahini.
6. Leftover falafel's can be stored in the fridge for a few days or frozen up to a month.