



THIS WEEK'S TASTY RECIPE

FALAFEL BALLS WITH TAHINI DIP

SERVES 4

INGREDIENTS

- 1 brown onion, chopped
- 2 garlic cloves, chopped
- 2 tsp ground coriander
- 1 tsp cumin seeds
- 1 tsp smoked paprika
- 2x 400g cans chickpeas, drained, rinsed
- 1 cup chopped fresh flat-leaf parsley leaves
- ½ cup plain flour or gluten free flour
- 1 egg white
- 1 tbsp olive oil

Sauce:

- 2 cups yoghurt
- 1 tbsp tahini
- 1 tbsp lemon juice
- salt and pepper

METHOD

1. Place onion, garlic, coriander, cumin, smoked paprika, chickpeas, parsley, flour, egg white, salt and pepper in a food processor. Process until almost smooth. Using floured hands, shape mixture into four 2cm thick patties. Place on a plate. Cover and refrigerate for 30 minutes.
2. Heat oil in a large frying pan over medium heat. Cook patties for 4 to 5 minutes each side or until cooked through.
3. Mix sauce ingredients together and serve.

MAKE IT FRESH AT HOME:

Ingredients available at T&M Fresh, Coles and Woolworths.

Westfield CAROUSEL