

# Herby Falafels

## Ingredients

Makes 16

- 20g breadcrumbs
- 1 egg
- 400g can chickpeas
- A little olive oil
- 1 clove garlic
- 1 tablespoon lemon juice
- 1 medium carrot
- $\frac{1}{2}$  teaspoon ground coriander
- 1 teaspoon ground cumin
- A pinch of ground turmeric
- 2 teaspoons dried parsley



## Method

1. Put breadcrumbs into a bowl with egg and stir well.
2. Put chickpeas into a sieve and rinse under cold water, tip into bowl with breadcrumbs and egg. Add 1 teaspoon of olive oil.
3. Use a blender to make the mixture into a paste. Peel and crush the garlic and add to the bowl. Add 1 tablespoon of lemon juice.
4. Peel and wash the carrot, cut off one of the ends, then grate using the big holes of the grater. Add to the bowl with the parsley, coriander, cumin and turmeric.
5. Pick up a heaped teaspoonful of the mixture and roll it into a ball.
6. Shallow fry balls on a medium heat for 15 minutes, turning occasionally, until golden brown.