

Felafel

These are so good for us and taste great! Many kids just do not get the opportunity to eat legumes and they are so high on the nutritional ladder. These are very simple to make and can be used in lots of ways. You can make batches and freeze or you can soak the chickpeas and freeze those in batches, too. I have toned down the spices in these so that more kids will eat them without turning up their noses, but you can try making them spicier for senior students or if you think the junior kids will eat them. The traditional version is pan fried but you can bake them quite successfully, cutting down on the fat and the effort! These are perfect served with [hommous](#) or [tzatziki](#) in a wrap or with a salad.

Makes approx 24 felafel

Ingredients:

375g chickpeas, soaked overnight (They do not need cooking)
2 onions, chopped finely
3 cloves garlic, chopped finely
¾ cup fresh parsley, chopped
¾ cup fresh mint, chopped
1½ tblsp cumin seeds
1½ tblsp baking powder
1½ tblsp ground coriander seeds
½ tsp sea salt
Olive oil

Method:

Step 1: Preheat oven to 200°C

Step 2: Drain and rinse chickpeas twice

Step 3: Place in large bowl with other ingredients and toss well

Step 4: Place in bowl of food processor and mix until thoroughly combined and wet, but not pasty

Step 5: With wet hands form in to balls the size of golf balls and flatten slightly

Step 6: Place on a lightly oiled baking tray and brush with a little olive oil

Step 7: Bake 10 minutes then turn and bake further 5 minutes

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Service:

These can be prepared ahead of time, cooked and kept warm and served in a waxed paper bag. Alternatively they can be used in a salad with [hommous](#), lettuce, [tzatziki](#), olives, tomato and cucumber or in a pita pocket or flat bread as a souvlaki. Anyway they are served is delicious and are a real winner!



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