

Whitworths

Fruity Herby Falafels



INGREDIENTS

70g **Whitworths Chopped Apricots**
70g **Whitworths Zante Mini Currants**
250g dried chickpeas
1 large brown onion, diced
25g flat leaf parsley, finely sliced
25g fresh mint, finely sliced
25g fresh coriander, finely sliced
3 garlic cloves, peeled
3tsp cumin
generous pinch of salt
4 tbsp plain flour
oil for cooking
250ml natural yogurt for serving

🌀 Makes approximately 30 (serves 6) 🕒 30 mins + 8-12 hours soaking ❤️ 30 mins

READY...STEADY...BAKE

- ❤️ Soak 250g of dried chickpeas according to the instructions on the packet.
- ❤️ Once soaked, drain the chickpeas and pat them dry with kitchen towel (it's worth the extra effort to use dried chickpeas when making falafels - the extra moisture from using canned chickpeas is a little too high to give that authentic falafel texture inside).
- ❤️ Place the prepared chickpeas, onion and garlic into a food processor then add the salt, cumin and plain flour.
- ❤️ Add a third of each of the herbs to the processor then blend until you have a fine paste that holds together when you form it into a ball.
- ❤️ Transfer the mixture to a mixing bowl then stir in the currants, apricots and another third of the herbs.
- ❤️ Gently heat about 8cm of oil in a saucepan, when the oil is hot, form small balls of falafel between two dessert spoons then fry in batches for 2-4 minutes or until crispy and golden brown. Drain the fried falafel on kitchen paper.
- ❤️ For the herby dip simply stir the remaining herbs into the yogurt then serve.
- ❤️ Serve as mezze or canape style snack with the herby dip, or as a main meal with pitta bread, salad and pickles with the dip drizzled over.

for more recipes visit www.whitworths.co.uk

Happy Baking!