

Falafels with Mint Yoghurt Dressing

Equipment:

Magi-mix
Large frypan
Tray with absorbent paper
4 serving platter
Chopping boards
Knives
Measuring cups and spoons

Ingredients:

450 g chickpeas, soaked overnight
1 red onion, chopped finely
2 garlic cloves, chopped
1 cup parsley
1 cup fresh coriander
½ cup mint, chopped roughly
Pinch cayenne
1 tablespoon salt
½ teaspoon pepper
1 teaspoon baking powder
2 teaspoon whole coriander seeds, ground
3 tablespoons cumin seeds
Vegetable oil for frying

Sauce

300ml Greek-style yoghurt
1 cup off mint, washed and chopped finely
Salt and pepper

What to do:

1. Drain the chickpeas and rinse thoroughly. Discard any dark brown ones. Wash and dry the herbs, then roughly chop. In a large bowl mix all the ingredients together, then process in the Magi-mix in small batches. The mixture should start to hold together.
2. Once all the mix is done, transfer to a bowl and roll into small balls, squeeze gently and flatten slightly.
3. Heat the oil and shallow-fry the balls until crispy and golden. Turn over to cook the other side. Remove from pan, and drain on paper towel. (Alternatively, the balls may be placed in the oven and baked for 15 minutes at 170°C.)
4. Blend the yoghurt with the mint. Season with salt and pepper. Place the sauce in bowls for drizzling over the falafels at the table.
5. Place the falafels on platters and serve.