



## FALAFELS WITH COUSCOUS AND MINT

Serves 4, easily doubled

1 small onion, finely chopped

1 garlic clove, crushed

1 teaspoon cumin

1 teaspoon dried coriander

Fry the above for about 5 minutes in a little olive oil, then add to the following in a large bowl.

2 x 400g can chickpeas, drained and rinsed

Puree the above until smooth

Handful chopped coriander,

½ lemon (squeezed)

1 tablespoon flour (and extra for dusting)

Salt & pepper

Mould the mixture into balls, then flatten into patties. Heat the remaining oil in the pan, then shallow fry the falafels on a medium heat for about 2 minutes each side, until golden brown and firm. Serve hot or cold with couscous, pita bread or salad.

### Nutritional Information, per Falafel

105 calories

5g protein

8g carbohydrate

6g fat

1g saturated fat

2g fibre

1g sugar

0.27 g salt



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