

Taste the Hills



Recipes and Tips

Parsley Falafels

400g tin of chickpeas, drained
1 tbsp tahini
1 large onion, finely chopped
2 cloves garlic, chopped
1 large bunch of parsley, chopped
1 tsp ground coriander
1 tsp ground cumin
1 tsp paprika
¼ tsp cayenne
2 tbsp gram or plain flour
1 tsp salt
Black pepper
Grated zest and juice of ½ lemon
Oil for frying

Gently fry the onion until soft. Stir in the spices and garlic and heat through but don't brown.

Put the drained chickpeas and the tahini into a food processor and pulse till smooth. Tip into a bowl.

Add the onion mixture and all the other falafel ingredients and mix thoroughly.

Chill for half an hour then form into balls or patties. Lay them on a floury surface ready to fry.

Pour oil 2 cm deep into a large frying pan and arrange the falafel round the pan once the oil is hot. Turn them over once they are golden on one side until golden brown all over.

Serve in a pitta with salad, mint and yogurt.

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Shropshire Hills Discovery Centre –
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School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk

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