

Coriander Falafels

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