**Felafels**

**Ingredients:**

**225 grams dried chickpeas, soaked overnight**

**1 cup chopped parsley**

**1 cup chopped coriander**

**6 spring onions, white and green part finely chopped**

**2 cloves of garlic, peeled and minced**

**1 teaspoon cumin**

**1/2 teaspoon coriander**

**1 1/2 teaspoon salt**

**4 tablespoons flour (rice flour, or chickpea flour can be used)**

**5 tablespoons water**

**Oil for frying**

**Method:**

**Drain soaked chickpeas, and place in a food processor, and add remaining Felafel ingredients.**

**Blitz the chickpeas for 2 to 3 minutes on high, scraping down the sides of the processor from time to time. The mixture should be smooth and creamy.**

**Using a teaspoon, get a spoonful of the mixture and shape the into balls. Place the felafels on a tray and put in the fridge for 15 minutes.**

**Pour the oil into a frying pan, have at least 1.7cms of oil in the pan. Heat to, medium high.**

**When the oil is hot, place a felafel on a large spoon and slide the ball into the oil. Cook in batches for about 4 minutes, using tongs to turn, until the felafels are brown and crunchy looking on the outside.**

**Drain on paper towel, then cook the remaining felafels.**