

## Falafel



### Ingredients:

- 400g chickpeas    1 clove of garlic, crushed    1 tsp cumin
- 1 tbsp parsley, 1 tbsp mint - chopped    lemon zest
- 1 tbsp lemon juice    2 tbsp fresh bread crumbs    pepper (pinch)



### Method:

1. Put chickpeas in food processor and blend until smooth.
2. Add the rest of the ingredients and mix well.
3. Form into balls using your hands, squeezing the mixture so that it sticks together.
4. Put in the fridge for about 30 minutes to firm up.
5. Bake the falafel in a hot oven.
6. Heat the oven to 200C/400F/gas mark 6. Line a baking tray with lightly oiled baking parchment, put the balls on the baking tray so they're not touching and bake for 20-25 minutes, rattling the baking tray halfway through.