

Imboga Garden Platter - falafel balls, vegetable tempura, pickled peppers, avocado hummus and an assortment of fresh baby vegetables from the Bisate garden

Falafel Balls

Ingredients:

- 1 onion, finely chopped
- 2 garlic cloves, chopped
- 2tsp ground coriander
- 2tsp ground cumin
- 2 x 400g cans chickpeas, drained and rinsed
- 1 cup mixed fresh parsley leaves and fresh coriander leaves, chopped
- 1/3 cup plain flour
- 1 egg white
- 1tbsp olive oil
- Salt and pepper to taste

Method:

1. Place onion garlic, spices, chickpeas, fresh herbs, egg white and salt and pepper in a food processor. Process until almost smooth.
2. Using floured hands, shape mixture into small balls about 2cm width.
3. Place on a plate, cover and refrigerate for 30 minutes. Cook off in medium heat shallow fry for about 6-7 minutes.

