

TIME TO COOK CLUB

RECIPE CARD

Falafels in pitta with dips

Difficulty: **Easy**

Prep Time: **40 mins**

Cook Time: **15-18 mins**



Ingredients

(serves 2-3)

- 1 large Zip Sealed Freezer Bag
- 1x 400g tin of Red Kidney Beans with Chilli Sauce
- 1 Garlic Clove
- 2 Spring Onions
- 2 teaspoons of Dried Cumin
- 1 teaspoon of Ground Coriander
- 1/4 teaspoon of Chilli Powder
- A handful of Fresh Parsley or Coriander (approximately 8g)
- 1 dessertspoon of Plain Flour and extra for dusting
- A small amount of Olive Oil

Dips

- 100g Plain Natural Yoghurt
- 1/2 Garlic Clove
- Juice of 1/2 a Lemon
- A pinch of Paprika
- Salt and Pepper
- 1 Avocado
- Juice of 1/2 a Lemon
- A teaspoon of Olive Oil
- Parsley OR Coriander
- A pot of Plain Hummus
- Pitta Bread to serve
- Salad items - Lettuce, Cucumber, grated Carrot and Cherry Tomatoes

Method



- 1 Pre-heat the oven to Gas Mark 6 / 200°C / Fan 180°C and prepare your baking tin.
- 2 Line your tin with non-stick baking paper and then, using a pastry brush, brush on a little oil in strips. One on the top of your paper, one in the middle and one at the bottom. *Note: These will be where the Falafels will stand whilst they're cooking.*
- 3 Open the tin of kidney beans in chilli sauce and drain them in a small sieve.
- 4 Chop up the spring onions, remembering to 'top and tail' them first before chopping them into small pieces.
- 5 Using scissors, snip the fresh herbs (Parsley or Coriander). Add to the bowl.
- 6 Place the kidney beans in a zip-lock bag. Chop the garlic clove into very small pieces and add this to the bag as well. *Seal the bag tightly.*
- 7 Using a rolling pin, 'bash' the beans and garlic until it turns to mash. *Note: Use the top of the rolling pin and then roll the rolling pin over the bag to finish off.*
- 8 Add the contents of the bag into the mixing bowl by giving the bag a gentle shake.
- 9 Sprinkle over the dried cumin, the ground coriander and the chilli powder. Stir well to blend together.

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- 10** Sprinkle over the plain flour. Stir gently until the mixture starts to stick together.
- 11** Divide the mixture into 6 equal amounts by using your spoon to separate the mixture.

Note: The next stage can be a bit messy!

- 12** Put some flour into a bowl. Coat your hands and then scoop up one mound of mixture. Squeeze the mixture between your hands and gently press down to get a round shape.
- 13** Roll the ball in the flour to coat it before placing it on the baking tray, (on the oil strip). Repeat with the rest of the balls of mixture.
- 14** Add a dab of oil onto the top of each ball. Place in the oven and cook for 15-18 minutes.
- 15** When cooked, take out of the oven and cool for at least 5 minutes to allow to set before handling.

The falafels can be eaten hot or cold.

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To prepare the dips



Lemon and Yoghurt

- 1 Put the yoghurt, 1/2 a crushed clove of garlic, the juice of 1/2 a lemon, a pinch of paprika, a pinch of salt and a pinch of pepper into a bowl. Stir well with a spoon to blend all the ingredients together.

Avocado Dip

- 1 Using a knife, score all the way around the avocado from top to bottom. Twist either side of the score marks to reveal 2 halves of the avocado. Scoop out the flesh using a spoon. Chop up into small pieces and then, pop it into a bowl. Using a fork, mash up the avocado until smooth.
- 2 Squeeze the juice of 1/2 a lemon and pour over the mashed avocado. Add a teaspoon of olive oil, a pinch of salt and pepper and finally, the chopped Parsley or Coriander. Stir to blend all the ingredients. Transfer to a small dish.
- 3 Place the pitta bread in the toaster to warm through.
- 4 Assemble by opening up your pitta bread. Putting your salad items in, putting your falafels in and then topping them with the dips.