

## FALAFEL

<i>Ingredients</i>	<i>Equipment</i>
<b>1 Cup Cannellini Beans</b>	<b>Food Processor or Vitamiser</b>
<b>1 Cup Chick Peas</b>	<b>Chopping Boards</b>
<b>½ Cup Plain Flour</b>	<b>Knives</b>
<b>1 Onion</b>	<b>Spoon and Cup Measures</b>
<b>6 Cloves Garlic</b>	<b>Large Mixing Bowl</b>
<b>2 Teaspoons Ground Coriander</b>	<b>Wooden Spoon</b>
<b>1 Tablespoon Ground Cumin</b>	<b>Colander</b>
<b>¼ Cup Chopped Parsley</b>	
<b>¼ Teaspoon Chilli Powder</b>	
<b>½ Teaspoon Bicarbonate of Soda</b>	
<b>Salt &amp; Pepper to taste</b>	
<b>Oil for frying</b>	

### *What to do*

- 1. Get out all required equipment**
- 2. Weigh and measure ingredients**
- 3. Wash cannellini and chick peas under cold water.**
- 4. Peel and chop the garlic**
- 5. Pell and dice the onion**
- 6. Finely chop the parsley**

- 7. Put the cannellini beans, chick peas, onion and garlic in the vitamiser. Vitamise until smooth. Transfer the mixture to the large mixing bowl.**
- 8. Add the plain flour, onion, ground coriander, cumin, chilli powder, bicarbonate of soda, chopped parsley, salt and pepper. Mix until well combined.**
- 9. Shape tablespoons of mixture into small balls. Flatten to 5cm rounds.**
- 10. Place oil in the frypan. Fry until golden brown, drain on paper towel.**