Falafel

Ingredients

1 brown onion, chopped
2 garlic cloves, chopped
2 teaspoons ground coriander
1 teaspoon cumin seeds
2 x 400g cans chickpeas, drained, rinsed
1 cup chopped fresh flat-leaf parsley leaves
1/3 cup plain flour
1 egg white
1 tablespoon olive oil
Salt and pepper.

Method

Chop the onion and garlic (chunky)
Drain the chickpeas in a colander and wash with cold water, set aside to drain.
Chop the parsley (chunky)
Separate 1 egg keep the whites.
Place onion, garlic, coriander, cumin, chickpeas, parsley, flour, egg white, salt and pepper in a food processor.
Process until almost smooth.
Put the mixture into a bowl.
Using floured hands, shape mixture into small balls about the size of a walnut.
Place on a plate.
Heat oil in a large frying pan over medium heat. Cook Falafel for 1-2 minutes each side or until cooked through.
Serve