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

Method

1. Place onion, garlic, coriander, cumin, chickpeas, parsley, flour, eggwhite, salt and pepper in a food processor. Process until almost smooth. Using floured hands, shape mixture into 30 patties. Place on a plate. Cover and refrigerate while you cleanup.
2. Heat oil in a large frying pan over medium heat. Cook patties for 4 to 5 minute each side or until cooked through.