



bit spicy

# Falafels

This Falafels recipe uses our [Keralan](#) spice blend, which is a medium heat. They are delicious served with a minty [raita](#), sweet chilli sauce, and chopped tomato and cucumber.

## INGREDIENTS:

- carton Keralan spice blend
- 2 cans drained chickpeas (or about 300g/12 oz dried chickpeas, soaked overnight and cooked)
- handful fresh coriander, chopped
- handful fresh mint, chopped
- 1 onion, very finely chopped
- 2 cloves garlic, crushed
- 1 egg, beaten
- plain or chickpea (gram) flour
- vegetable oil

## RECIPE:

1. Heat a tbsp oil and gently fry the onion with the spices. Add the garlic and saute gently.
2. Place in a food processor with the chickpeas, mint and coriander and blend until it is of a consistency to suit - as rough or smooth as you like.
3. Form into about 15 little patties, dip in the egg and roll in the flour. Leave to chill.
4. Heat some oil in a frying pan and shallow fry the falafels over a medium heat for about 15 minutes, turning so that they brown all over.
5. Serve with chopped up tomato and cucumber, toasted pittas, and sweet chilli sauce or minty yoghurt .

[South As](#)