

Spring Felafels

Ingredients

1 teaspoon salt
2 teaspoons coriander seeds
1 teaspoon cumin seeds
2 teaspoons caraway seeds
2 cardamom pods
1 teaspoon freshly ground black pepper
1 tin chickpeas
1 small onion
3 cloves garlic
½ cup flat leaf parsley, leaves only
¼ cup chickpea flour
1 egg
1 cup (200g) broad beans (shelled)
Olive oil

Method

In a mortar and pestle, grind the salt and spices until fine.

Chop the onion finely.

Add all ingredients except egg and broad beans into food processor and blitz until a paste. Add egg and broad beans and blitz until just combined and beans are still a bit chunky. The softness of the mixture will determine how easy it is to cook, so add more flour to make a firmer mix.

Put olive oil in a shallow frypan until about 2cm deep. Heat olive oil in a frypan until hot. A tiny amount of mixture dropped in will float to the top fairly quickly.

Gently place tablespoon dollops of mixture into the oil – about 4 at a time. Cook for about 2 minutes then turn. Manage the heat so that it is hot without burning, and not too cool that they take too long to brown. Lift out and drain on paper towel and keep warm in the oven while the others are cooked.