

Falafel with cous cous

<p>Ingredients</p> <p>2 tbsp vegetable oil 1 small onion, finely chopped 1 garlic clove, crushed 400g can chickpea, 1 tsp ground cumin 1 tsp ground coriander handful parsley, chopped, or 1 tsp dried mixed herbs 1 egg, beaten</p> <p>For the tabbouleh</p> <p>125g couscous 250ml boiling water 1 tbsp extra virgin olive oil juice 1 lemon small pack fresh herbs (parsley, mint or coriander work well), 2 spring onion, $\frac{1}{2}$ cucumber, 3 tomato, quartered, deseeded and cut into small pieces</p>	<p>Equipment</p> <p>All equipment is provided by school</p> <p>*Remember to bring container with lid to take home*</p>
<p><u>Method:</u></p> <ol style="list-style-type: none"> 1. Finely chop the onion and garlic. Heat oil in a large pan, then fry until softened. 2. Drain the chickpeas and tip into a large mixing bowl with the spices, then mash together with a fork or potato masher until the chickpeas are totally broken down. 3. Stir in the parsley or dried herbs, with seasoning to taste. Add the egg, then squish the mixture together with your hands. 4. Mould the mix into 6 balls, then flatten into patties. Heat the remaining oil in the pan, then fry the falafels on a medium heat for 3 mins on each side, until golden brown and firm. 5. Pour the boiling water over the cous cous and leave to soak for 10 minutes. For the cous cous, mix the olive oil, lemon juice and some black pepper in a small bowl. 6. In a larger bowl, combine the rest of the ingredients, along with the cooked couscous, and add the dressing. Mix well. 7. Serve the falafel on top of the cous cous. 	