



## Falafel

**ingredients:** 450 g dried broad beans • 200 g dried chickpeas • 1 onion • ½ tablespoon plain flour • Pinch baking powder • Garlic clove • 1 teaspoon cumin • Bunch parsley • Tahini (sesame paste) • Handful of lettuce leaves • Olive oil

### Preparation

Soak the beans and chickpeas in cold water for 5 or 6 hours.

Put the beans and chickpeas into separate pans of salted cold water, bring to the boil and cook for one hour.

Drain.

Blend the broad beans in the R5 Plus, followed by the chickpeas. Set aside.

Chop the peeled onion, parsley and peeled garlic clove, a small teaspoon of cumin and a pinch of baking powder in the R5 Plus.

Stir this mixture into the bean and chickpea purée, adding ½ tablespoon flour.

Using a spoon, form the mixture into walnut-sized balls. Leave to rest for twenty minutes. Fry in hot oil (180 °C). When the balls are a golden colour, remove them using a slotted spoon and leave them to drain on a wad of kitchen paper.

Arrange the falafels in a serving dish and serve hot with tahini and salad leaves.