

FALAFELS

with tahini sauce



Preparation : 10 min - **Resting :** 1 hr - **Cooking :** 20 min - **Equipment :** -

Ingredients : 6

- 240 g chickpeas, drained - 2 slices white bread, - torn into pieces - 3 garlic cloves - 15 g parsley, chopped - 8 g coriander, chopped - 2 tbsp olive oil - 1 tbsp baking powder - 1 tsp cumin - ½ tsp smoked paprika - ¼ tsp baharat (optional) - 1 tsp salt - pepper - TAHINI SAUCE: - 1 garlic cloves - 50 g tahini - juice of 1 lemon - 1 tsp honey - 2 tbsp olive oil - 2-3 tbsp of water

1. Preheat the oven to 180 °C (170 °C fan, gas mark 4). Put the chickpeas, bread and garlic cloves in the metal bowl. Run the EXPERT programme 2 minutes/speed 8 (without heating).

2. If necessary, use a spatula* to scrape down the wall of the bowl; add the remaining ingredients. Run the EXPERT programme 3 minutes/speed 13 (without heating), scraping down the wall of the bowl again, if necessary.

3. Shape* a spoonful of the chickpea mixture into balls. To make the mixture easier to work with, moisten the hands before starting. Refrigerate for 1 hour.

4. Bake for 20-25 minutes until golden brown; turning the falafels after they have cooked for 10-12 minutes.

5. Accompany the hot falafels with tahini sauce.

TAHINI SAUCE:

1. Place all the ingredients in the metal bowl. Run the EXPERT programme 1 minute 30/speed 10 (without

heating) until the sauce is smooth but not too thick or runny. The sauce could also be made in the mini bowl using the FOOD PROCESSOR programme.

Chef's tip :

Falafels are even better when cooked in a deep fryer.

Cook Expert ■

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