



Chick Pea and Walnut Falafel

Ingredients

- 250 g Chickpeas
- 1000 g Water
- 120 g Onion, finely chopped
- 3 tbsp Parsley, chopped (optional)
- 15 g Coriander leaves, chopped
- 5 g Chili pepper
- 25 g Garlic
- 100 g Walnuts
- 2 tsp ground cumin
- 1 tsp Baking Powder
- 5 tbsp coriander seed powder
- 20 g MAGGI® Chicken Bouillon
- 250 g Water
- 1 tbsp Olive oil
- 40 g Flour
- 50 g Sesame seeds
- 100 g Vegetable Oil
- 250 g Water
- 100 g Tahini
- 50 mg fresh lemon juice

Instruction

1. Soak chick peas in cold water for at least 4 hrs.
2. Strain and wash presoaked chick peas, place half in a food processor and chop to the size of sesame seeds. Remove and place in a large mixing bowl.
3. In a food processor combine the remaining chick peas, onion, parsley, coriander, garlic, peppers, walnuts, cumin, baking powder, and coriander seeds, and olive oil and process to a grainy paste (about 3-4 mins). Transfer to the mixing bowl and mix in the chicken stock
4. Dissolve MAGGI® Chicken Bouillon cubes in hot water, add and mix into the mixture.
5. Combine the contents of the food processor to the original half of the chopped chick peas and mix.
6. Add flour to the mix until the mixture holds the shape of a small ball.
7. Form the dough into the size of golf balls, roll in sesame seeds (optional), and gently flatten the ball into a shape of a thick disk.
8. Deep fry in hot vegetable oil until brown (float to the top).
9. Cool on kitchen paper and serve warm.
10. For preparing the tahina sauce: whisk tahini and water together until smooth. Add lemon juice and continue mixing. Add more water for a thinner sauce

Nutrition

Carbohydrates	47.21 g
Energy	640.36 kcal
Fats	46.4 g
Protein	17.71 g

15 Minutes

6 Servings