



PUMPKIN FALAFEL

Season:	Winter, spring
From the garden:	Pumpkin, coriander, parsley
Type:	Dinner
Difficulty:	Medium
Country of origin:	Middle east
Serves:	30 tastes
Source:	weightwatchers.com

Equipment

- *chopping board and knife
- *measuring cup and spoon
- *bowls and mixing spoon
- *food processor
- *spatula
- *frying pan
- *baking tray

Ingredients

- *750 g roasted pumpkin
- *2 x 400g can chickpeas
- *1 small onion
- *2 clove garlic
- *2 tbsp each chopped parsley and coriander
- *1 tsp cumin
- *1 tsp paprika
- *½ tsp chilli powder
- *1 tsp salt, pepper to taste
- *oil for frying

Method

- 1.preheat oven to 200 degrees
- 2.chop the onion and garlic and fry for a few minutes in a little oil till softened
- 3.drain and rinse the chickpeas
- 4.place all the falafel ingredients into a food processor bowl and process until a chunky puree forms

5.using wet hands, shape the mixture into balls and place them on an oiled or lined baking tray

6.bake for around 20 minutes until golden brown

Skills: *measuring, chopping, using a food processor*