



PUMPKIN FALAFEL WITH A SOUR CREAM AND HERB SAUCE

Season: Winter, spring
From the garden: Pumpkin, coriander, parsley, chives, sorrel
Type: Dinner
Difficulty: Medium
Country of origin: Middle east
Serves: 25 tastes
Source: weightwatchers.com

Equipment

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

Ingredients

For the Falafel:

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

For the herb sauce:

- * $\frac{1}{3}$ cup sour cream
- * $\frac{1}{3}$ cup mayonnaise
- *big handful of mixed herbs
- *1 clove garlic

***salt and pepper to taste**

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**
- 7.for the sauce, chop the herbs finely**
- 8.peel the garlic and squeeze it through the garlic press into a small bowl**
- 9.mix the herbs and garlic with the sour cream and mayonnaise and season to taste (if the sauce looks too chunky, give it a whizz in the food processor)**

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