

# Pumpkin Falafels

**Season:** Autumn

**Type:** Main

**Serves:** 36 tastings

**From the garden:** Pumpkin, parsley & garlic



## Equipment:

Food processor  
Large bowl x 1  
Wooden spoon x 1  
Large frying pan x 2  
Kitchen tongs x 2  
Chopping boards and knives  
Measuring cups  
Measuring spoons  
Serving bowl x 5

## Ingredients:

3 cans chickpeas (drained)  
1 onion (finely chopped)  
4 cloves garlic (finely chopped)  
½ cup parsley (leaves only, finely chopped)  
1 piece of pumpkin (~360g, grated)  
2 teaspoons ground coriander  
2 teaspoons cumin  
¾ cup self-raising flour  
3 teaspoons baking powder  
2 teaspoons salt  
10 grinds of pepper  
  
Canola oil for frying

## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put the chickpea in the food processor in batches and process until finely chopped.
3. Mix all ingredients **except** oil in a large bowl.
4. Roll heaping tablespoons of mixture into 36 balls and flatten them slightly.
5. Heat some oil in 2 large frying pans over medium heat.
6. Gently lower the falafels into the pan and fry until golden on both sides.
7. Distribute falafel evenly into 5 serving bowls and serve with the *Creamy Tahini Sauce*.

**Note:** Yellow group will be making the Creamy Tahini Sauce.