

# Herby Falafel Wraps



Ingredients for 4 people: 2 cans chickpeas, 1 spoon garlic paste or 2 cloves, 1 medium onion, 2 eggs, a big bunch of coriander or parsley, a tablespoon of cumin seeds and a teaspoon of ground coriander.

Utensils: can opener, knife, food processor or potato masher, bowl, baking tray and greaseproof paper.

# Method



Open cans and drain and rinse chickpeas



Break eggs



Put all the ingredients into a food processor (or finely chop and mix together). Blitz until smooth.



# Cooking

Put tablespoon-sized dollops of the mix onto a baking tray lined with greaseproof paper.

Bake for 10 min in a pre-heated oven (200 C) until firm and slightly turning golden brown.

Eat cool or warm.





Eating!



Falafels are nice in wraps with salad (and maybe a squirt of tomato ketchup for kids or chili sauce for adults!)

# Extras

- Falafels are eaten in the Middle East and Mediterranean. Our Mummy loves Middle Eastern food and we like falafels for a summer lunch!
- Food groups: Pulses (which are great for protein and count as one of your five-a-day veg), spices and herbs for lots of flavour, carbohydrates for energy (the wraps) and vegetables (the salad you have with them). These are veggie and if everyone ate a little less meat it would be good for the planet.
- Seth (Pine) and Izzy (Cherry) Taylor, Green House