



## Green Pea Falafel

 **Serves 4**

Recipe by Sarah Kiryshin

 **45 minutes**

### INGREDIENTS

- 1 cup frozen peas
- 1 tin chickpeas, drained and rinsed
- 1 tsp cumin
- 1 tsp onion powder
- $\frac{1}{4}$  cup wholemeal flour or almond meal
- $\frac{1}{2}$  tsp chilli flakes
- 1 cup combined fresh herbs (dill and parsley, finely chopped)
- 1 tsp olive oil for the mixture, plus extra for brushing
- Sesame seeds for topping
- Salt and pepper to taste

### NOTES

Chickpeas are a rich source of dietary fibre, which slows down the digestion and absorption of carbohydrates. This process results in a more gradual rise in blood sugar levels, helping to sustain energy levels for longer.

### DIRECTIONS

1. Preheat the oven to 200°C (fan-forced).
2. Begin by thawing the frozen peas and draining the chickpeas. Place both in a food processor along with cumin, onion powder, wholemeal flour or almond meal, salt, pepper, chilli flakes, and chopped herbs.
3. Add 1 teaspoon of olive oil and blend everything until it forms a thick green paste, ensuring the mixture holds together well enough to form balls.
4. Line a baking tray with parchment paper.
5. Take the green paste and roll it into balls, placing them on the prepared baking tray. Brush each falafel ball with olive oil and sprinkle sesame seeds generously on top.
6. Bake in the preheated oven for about 25 minutes or until the falafels are golden and crispy on the outside.
7. Serve the baked falafels warm with tzatziki or as part of a Mediterranean platter.



# Breakfast

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