



COOKING PASSION SINCE 1877

Chickpea and herb falafel with hemp dip



Serves: 4

INGREDIENTS

14-16 falafel

440 g chickpeas (boiled)
1/2 cup parsley
1/2 cup coriander
60 ml water
10 g psyllium husks
1-2 tsp cumin seeds
1 tsp salt
1 pinch pepper
1 tsp lemon zest
4 tbsps **sesame** seeds

Dip

140 g natural **yoghurt**
60 g **hemp seeds**, peeled
60 ml lemon juice
40 g maple syrup
1 tbsp olive oil
1 tsp finely grated lemon zest
1 pinch salt

Salad

Mixed salad
1 tbsp olive oil
1 tbsp mild balsamic vinegar
1 splash lemon juice
1 tsp maple syrup
1 pinch salt

ALLERGENES HIGHLIGHTED IN BOLD

PREPARATION

Step 1

Preheat the oven to 190°C (CircoTherm®).

Step 2

For the falafel, blend the chickpeas, parsley, coriander, water, psyllium husks, cumin seeds, salt, pepper and lemon zest in a food processor, or use your hands to make a dough. Shape into balls, roll them in sesame seeds and place them on a baking tray lined with baking parchment. Bake at 200°C for 15-20 minutes until the falafel are crispy. Mix the ingredients for the dip to a fine cream with a hand blender or high-performance blender, season to taste.

Step 3

Mix olive oil, balsamic vinegar, lemon juice, maple syrup and salt for the salad dressing. Rinse and dry the salad, and pour over the salad dressing. Arrange the finished falafel on top of the salad with the hemp dip.