

Baked broccoli falafel

with harissa

Ingredients

½ cup chickpeas, canned

2-3 garlic cloves

3 spring onions

300g broccoli

½ red chilli, seeded

The zest of 1 lemon

The juice of ½ lemon

Large pinch black pepper

1 tsp salt

1 tbsp canola oil

100g sesame seeds, toasted

legg

150ml low fat plain yoghurt

Method

Cut the broccoli into small florets, wash them and then place on a roasting tray with garlic. Drizzle with the canola oil and season lightly with salt and pepper.

Place in the oven and roast for about 20 minutes.

Remove from the oven and allow to cool.

Add the broccoli, garlic, lemon zest, chilli, lemon juice and spring onion to the chickpeas in a food processer.

Pulse until the mixture is fairly smooth.

Stop the machine at times to scrape down the sides to allow all the ingredients to blend thoroughly.

Add the egg and mix to combine.

Remove the falafel mixture from the food processor and roll into bit-sized balls.

When all the falafel balls are rolled and shaped, dip each one into the sesame seeds until evenly coated.

Place in the oven and bake at 180°C until the sesame seeds are a golden colour.

Remove from the oven and serve with low fat yoghurt and harissa.





