



Egyptian Falafel

RAMEZ' CHILDHOOD FAVOURITE - HERE IS A GREAT DISH TO SHARE, SUPER TASTY, HEALTHY AND ALL THANKS TO MY MUM!

Ingredients:

- 2 cups of dried split Fava Beans
- 1 red onion
- 1/2 cup fresh Parsley
- 1/2 cup fresh Coriander
- 1/2 cup fresh Dill

- 3 cloves Garlic
- 1 1/2 teaspoons ground coriander
- 1 1/2 teaspoons salt
- 1 teaspoon ground cumin
- 1 cup sesame seeds (optional)

Method:

Place Fava Beans in a large bowl and cover with several inches of water. Let soak, 8 hours to overnight. Then drain.

Combine soaked Fava Beans and all ingredients except Sesame Seeds, in a food processor. Mix to a dough-like consistency.

Shape mixture into bite size balls, roll in Sesame seeds to coat (optional).

Fill a large saucepan 1/2 full of oil (vegetable, olive) heat over medium heat. Place balls in oil when hot, cooking in small batches until golden brown (3-5 minutes) Drain on paper towel. Serve with red & green sweet peppers, tomato, celery sticks and a Tzatziki dipping sauce. Delicious!

