

Majura Primary School | SAKG Program

Broad Bean & Chickpea Falafel

- **Season:** Spring
- **Makes:** 30 small "tastes" or 15–20 regular falafels
- **Fresh from the Garden:** Broad beans, parsley, and coriander

Equipment You'll Need

- Food processor (The "Whizzer")
- Kitchen scales
- Large bowl & big mixing spoons
- Measuring spoons
- Deep saucepan (for the **Adult Frying Station**)
- Slotted spoon
- Tray lined with paper towels

Ingredients

From the Garden & Pantry:

- **2 cups** dried chickpeas (soaked in water overnight—1 cup will grow to 2 cups!)
- **1 cup** fresh broad beans
- **1 large handful** fresh coriander (washed well)
- **1 large handful** fresh parsley (washed well)
- **1 onion** (cut into 4 big pieces)
- **4 cloves** garlic (peeled)

The Flavour:

- **2 teaspoons** cumin
- **1 teaspoon** all-spice
- **2 ½ teaspoons** flaky salt
- **2 teaspoons** baking powder (*this makes them fluffy!*)
- **2 tablespoons** cornflour (*this helps them stay together*)
- Vegetable oil (for frying)

What To Do

1. Prepare the Beans

- Drain the water away from your soaked chickpeas.
- Measure the chickpeas and broad beans.

2. The Big Whiz

- Put the **chickpeas, broad beans, coriander, parsley, onion, and garlic** into a bowl.
- Pulse in the food processor in batches, it until it looks like grainy green sand.

3. Mix it Up

- Tip the green mixture back into a large bowl.
- Add the **baking powder, cornflour, salt, cumin, and all-spice**.
- Use a big spoon to mix it all together until the spices are hiding everywhere.

4. The Shaping Station

- Take a small scoop of the mix and roll it into a ball (about the size of a walnut) using your clean hands.
- Squish the ball slightly so it looks like a thick, flat disc. Place it on a tray.

5. The Frying Station (ADULT HELP REQUIRED!)

- **Safety First:** Hot oil can burn! Stay back and let an adult helper do this part.
- The adult will heat the oil in a deep saucepan and carefully drop the falafels in.
- Fry them in small batches for about **3 minutes** until they turn a beautiful deep golden brown.

6. Cool and Drain

- Let the adult use the slotted spoon to scoop the hot falafels out.
- Place them on the paper-towel tray to soak up any extra oil and let them cool down.

How to Build Your Feast!

Since you have made fresh flatbread and creamy yogurt dip, it's time to eat!

1. Take a warm **flatbread**.
2. Add a crispy **falafel** and gently squish it down.
3. Top it with a big dollop of your **yogurt dip**.
4. Wrap it up and enjoy your garden-to-table feast!