

## Egyptian Fava Bean Falafel.

This recipe makes 8 falafels, enough for 2 people.

### Ingredients

- 125g Dried Fava Beans, soaked overnight.
- 1 tsp Cummin
- 1 tsp Coriander
- 1 Clove Garlic peeled and grated
- 30g Coriander Leaves
- 30 g Parsley
- 30 g Mint
- Half tsp Cayenne Pepper
- Half tsp Salt.
- Grind of Black pepper

### Method

1. Soak beans overnight or for at least 8hrs, drain and rinse well and leave to drain for 30 mins.
2. Place all ingredients in food possessor and blitz until smooth, you may need to scrape down the sides occasionally.
3. Using a spoon to portion into damp hands, roll into ping pong ball size balls.
4. Place onto a lined baking tray and gently press down. These Falafel are flatter in shape.
5. Cook in preheated oven at 190 C for 20 minutes.

These freeze well and can be done in an Air fryer on fry setting at 180 C for 17 mins.

The Shropshire Hills Discovery Centre is operated by Grow Cook Learn, a registered charity.

To develop an education and training centre for food-related skills, a visitor attraction linking food, history and the landscape of the Shropshire Hills and a leisure resource for visitors and local residents.

Grow Cook Learn is a company limited by guarantee, registered number 8755152 charity number 1158795  
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