

# Pea & Mint Falafels with Mint Dip

Makes/Yield 4 servings

Prep Time 20 min

Difficulty Easy

Categories 

- Vegetarian

## Ingredients

- Mint dip
- 1 cup frozen peas
- 1 (15 oz) can chickpeas, drained and rinsed, then drained again well
- ½ cup fresh white bread crumbs
- 1 garlic clove, crushed
- 1 red or green chile, seeded and finely chopped
- 1 tablespoon ground cumin
- 1 teaspoon ground coriander
- ¼ cup chopped mint
- 1 teaspoon baking powder
- 1 egg, lightly beaten
- 2 tablespoons sunflower oil
- salt and black pepper
- whole-wheat pita breads, to serve
- ½ cup low-fat plain yogurt
- 2 tablespoons chopped mint
- ¼ cucumber, finely chopped

## Preparation

- 1 Cook the peas in a saucepan of boiling water for 1 minute. Drain the peas, then refresh under cold running water and drain again thoroughly.
- 2 Put the peas into a food processor with the chickpeas, bread crumbs, garlic, chile, spices, mint, and salt and black pepper, then pulse until coarsely chopped. Add the baking powder and egg and pulse until well combined.
- 3 Divide and shape the chickpea mixture into golf ball-size balls, then flatten slightly. Cover and chill in the refrigerator for 30 minutes.
- 4 Heat the oil in a large skillet, add the falafels, and cook over medium heat for 2–3 minutes on each side until golden. Remove from the pan and drain on paper towels.
- 5 Meanwhile, mix together all the ingredients for the dip in a small bowl and season to taste with salt and black pepper.
- 6 Serve the falafels with the mint dip, along with warmed whole-wheat pita bread.