



Mike's 4 Bean Falafels with Roasted Garlic Yoghurt & Parsley Salad

⌚ Prep time: 10 mins
 🍳 Cook time: 12 mins
 🍽️ Serves: 16



Ingredients

Falafels

400g can **Wattie's Four Bean Mix** in Springwater, drained

400g can **Wattie's Chickpeas** in Springwater, drained

1/2 red onion, peeled and finely diced

2 Tbsp roughly chopped parsley

1 tsp ground cumin

1/2 lemon, juiced

2 Tbsp olive oil

2 Tbsp wholemeal flour

1/2 tsp baking powder

1 small carrot, grated

Salt and pepper

Garlic Yoghurt

4 cloves garlic

125g Greek yoghurt

Salt to taste

Salad

Handful parsley, mint and coriander

Red onions, finely sliced

Mung beans

Lemon

Method

1. Heat the oven to 180°C and roast the whole cloves of garlic for 10 minutes, or until soft set aside for the garlic yoghurt.
2. With a fork, lightly mash the drained **Wattie's Four Bean Mix** and **Wattie's Chickpeas**. Add the rest of the ingredients. Mix together until combined. Take the mix and mould into small round patties.
3. Heat 2 Tbsp of oil in a deep fry pan, add the falafel patties and cook for approximately 3 minutes each side or until golden.
4. While falafels are cooking push the garlic out of the shells and mix thoroughly with the yoghurt. Season.

To serve:

Stack up the falafels onto a plate and garnish with the salad ingredients, finish with a squeeze of lemon and garlic yoghurt on the side.