

MIKE'S 4-BEAN FALAFELS WITH ROASTED GARLIC YOGHURT AND PARSLEY SALAD



Makes 16



Prep Time 10 minutes



Cook Time 12 minutes



INGREDIENTS

Falafels:

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

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

- ½ red onion, peeled and finely diced
- 2 Tbsp roughly chopped parsley
- 1 tsp ground cumin
- ½ lemon, juiced
- 2 Tbsp olive oil
- 2 Tbsp wholemeal flour
- ½ tsp baking powder
- 1 small carrot, grated
- salt and pepper

Garlic Yoghurt:

- 4 garlic cloves
- 125 g greek yoghurt
- salt to taste

Salad:

- 1 handful parsley, mint and coriander
- red onions, finely sliced
- mung beans
- lemon

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.