Cavalry Primary School

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Cookery Club

**Recipe Card**

**Falafel Footballs**

Ingredients

* [Vegetable oil](https://www.bbc.com/food/vegetable_oil) for greasing
* 1 tin [kidney beans](https://www.bbc.com/food/kidney_bean) (240g drained weight)
* Garlic powder
* 1 [spring onion](https://www.bbc.com/food/spring_onion)
* Dried coriander
* 1 tsp dried [cumin](https://www.bbc.com/food/cumin)
* 1 tsp [plain flour](https://www.bbc.com/food/plain_flour)

Method

1. Brush a baking tray generously with vegetable oil. Preheat the oven at 200C/400F/Gas 6.
2. Place the drained beans and the garlic in the plastic bag and mashing with the rolling pin then transferring into the bowl.
3. Finely cut up the spring onion and add to the beans.
4. Then add the coriander and garlic to the bean mash.
5. Sprinkle over the dried cumin and plain flour and mix everything together well. Now squeeze the mixture with your hands until it all starts to stick together.
6. Divide the mixture into four equal portions and shape them in your hands into four balls – squeeze them again so that they hold their shape.
7. Put on the oiled baking sheet and dab the top with a little more oil.
8. Put them in the oven for 12-15 minutes. Leave to cool for about five minutes to allow them to set before eating. Serve warm or cold in pitta pockets with salad leaves.

Week 3