

CITY LIFESTYLES



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Recipe name: Fernandinho's Falafel Burgers

Serves: 4 people

Preparation time: 20 mins

Cooking time: 15 mins

Starting line-up (*ingredients*):

250g chickpeas, onion, garlic cloves, coriander, cumin, parsley, 2 tbsp oats, olive oil, hummus, buns



Warm-up (*preparation*):

Finely chop onion, crush garlic clove, grind coriander and cumin, chop parsley



Game plan (*method to make*):

1. Drain, rinse and dry the chickpeas thoroughly, then tip into the bowl of a food processor. Pulse until lightly broken up into coarse crumbs
2. Add the onion, garlic, spices, parsley, oats and some seasoning, and continue to pulse until combined. Using your hands, gently form the mixture into 4 patties about 10cm in diameter and 2cm thick
3. In a large pan, heat the oil and fry the falafels on each side for 2-3 mins or until golden. Lightly griddle the burger buns on the cut side in a griddle pan, or toast under the grill
4. Spread one side of each bun with hummus, top with a falafel burger, add a handful of watercress, then pop the remaining bun half on top



Substitutes

Swap hummus for lentils

Use canned new potatoes instead of oats

Gluten intolerance – gluten free buns

Add small amounts of cheese

Nutritional benefits:

Chickpeas – great source of protein

Whole meal buns – slower energy release than white

Coriander - contains twice as much vitamin C as an orange

Each serving provides 318k kcal, 26g carbohydrates, 34g protein, 9g fats



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