

Sweet Corn and Coriander Falafel (Vegan)

Makes 10 (approx 3 portions)

INGREDIENTS

- 400g can chickpeas(drained)
- 100g sweet corn
- 1 garlic clove
- finely chopped handful of chopped fresh coriander
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tbsp plain flour
- 2 tbsp sunflower oil
- *If you like spicy food you can also add chilli flakes/ powder



You will need:

- 400g can chickpeas(drained)
- 100g sweet corn
- 1 garlic clove, finely chopped
- handful of chopped fresh coriander
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tbsp plain flour
- 2 tbsp sunflower oil

*If you like spicy food you can also add chilli flakes/ powder



How to make:

Drain the tin of chickpeas. Tip into a food processor along with the garlic, fresh coriander, cumin, ground coriander, flour and a pinch of salt. Blend until fairly smooth, then mix in the sweet corn with a spoon.



How to make:

Portion the mixture into 10 equal size balls and roll between your hands to shape.

Heat the sunflower oil in a non-stick frying pan, and fry the falafel for 2 mins on each side until lightly golden.

These can then be served on a salad or in a pitta bread.



METHOD

* Drain the tin of chickpeas. Tip into a food processor along with the garlic, fresh coriander, cumin, ground coriander, flour and a pinch of salt. Blend until fairly smooth, then mix in the sweet corn with a spoon. * Portion the mixture into 10 equal size balls and roll between your hands to shape. * * Heat the sunflower oil in a non-stick frying pan, and fry the falafel for 2 mins on each side until lightly golden

Give them a go and remember to share your photos and tag us via our Facebook and Instagram pages @themaybush
We cannot wait to see your creations!



a group of individual inns