

THURSDAY – CANAPE

Mini Falafels with Lemon Hummus

Serves: 10 Persons



Recipe Ingredients

Falafels

Not suitable for GF (see page 3)

- | | | |
|--------|--------------------------|---------------------|
| 1 tin | Chickpeas | |
| 1tsp | Frozen garlic | |
| 1tbsp | Chopped parsley | |
| 1tsp | Chopped coriander | |
| 1tsp | Cumin | |
| 1tsp | Paprika | |
| 1tsp | Vegetable stock | Not suitable for GF |
| 1tsp | Flour | GF flour |
| Splash | Lemon juice | |
| | Salt and pepper to taste | |



Hummus

- 1 tin Chickpeas
- 1tsp Frozen garlic
- Salt and pepper to taste
- Extra virgin olive oil
- Splash Lemon juice

Morning Preparation

10:00am

(Once the curry sauce and chicken have been prepared and the cake is out of the oven)

- 487. Tip a whole tin of chick peas into a colander and drain thoroughly. Pat with a little white roll or a tea towel to make sure it is completely dry.
- 488. Put chickpeas for the falafel into the food processor with all other ingredients. Blitz together, making sure all ingredients are well combined.
- 489. When the mixture is ready, form it into small patties, cover and place in the fridge to set.

- 490. To make the hummus, drain and pat dry chick peas and add them into the food processor with all other ingredients.
- 491. Blitz well together, slowly adding more olive oil until it has a smooth and runny consistency.
- 492. Taste for seasoning, add more lemon juice if needed.
- 493. Place covered in a fridge ready for serving.
- 494. Start preparing the cheesecake for dessert.

Evening Preparation

6.30pm

- 495. Once the curry for the main course is ready
- 496. Take the falafels out of the fridge and coat them lightly in flour/**GF flour**.
- 497. Fry them in a pan with vegetable oil for 2 minutes each side until golden brown.

- 498. Set aside on a baking tray ready to be warmed later.
- 499. Put the tandoori vegetable starter in the oven.



7.10pm

500. Place the falafels on the bottom shelf of the oven for 5 minutes just to warm up.
501. Prepare side dishes.

To Serve

502. Serve the on a black slate with a teaspoon of hummus on top of each and decorate with chopped coriander.