

## TASTE WITHOUT WASTE

### Felafel with Pistachios and Pumpkin Seeds

Makes 24.

#### Ingredients

8 sprigs of mint, leaves picked  
Large handful of parsley, leaves picked  
80g pistachio nuts (substitute with almonds if you wish)  
50g pumpkin seeds (pepitas)  
2x 400g can chickpeas, drained (or 2 cups cooked)  
2 garlic cloves, crushed  
3 tbsp extra virgin olive oil  
1 tsp ground cumin  
1 tbsp spelt or rice flour  
1 tsp baking powder

#### *Chilli Yoghurt Sauce*

2 tbsp greek yoghurt  
1 tbsp tahini  
1 tbsp sweet chilli sauce  
2 drops Tabasco  
Squeeze of lemon juice  
Sea salt  
Freshly ground black pepper

#### Method

Preheat the oven to 190C. Line two large baking trays with baking paper.

Place the herbs in the bowl of a food processor and blitz for 30 seconds or until quite finely chopped. Add the pistachio nuts and pumpkin seeds and blitz for another 30 seconds or so until well combined, but still a bit chunky. Now add the rest of the ingredients and pulse for approximately one minute, scraping down the sides of the bowl every 20 seconds or so. You want the texture to remain relatively rough. Add a drop of water if the mixture refuses to come together.

With damp hands, take tablespoon sized chunks of the mixture and roll into balls. Place on the baking tray, leaving a centimetre or two between each one.

Bake for 15 minutes or until the outside is slightly crisp and the bottoms have browned.

Serve immediately or set the pans on a wire rack to cool. Serve the Felafel with the Chilli Yoghurt Sauce and your choice of accompaniments.

#### *Chilli Yoghurt Sauce*

Whisk all ingredients together in a small bowl. Season with salt and freshly ground pepper according to taste.

*Source: Adapted from The Green Kitchen*  
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