INGREDIENTS
- 400g can chickpeas, drained
- 1 clove garlic, peeled
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 sprig fresh mint
- A small bunch of parsley
- 2 spring onions, chopped
- 1 large egg, beaten

EQUIPMENT
- large mixing bowl
- wooden spoon
- food processor
- oven tray
- small plate
- greaseproof paper knife
- plate for serving

Ask an adult to turn the oven on and preheat it to 200°C / Fan 180°C. Put all of the ingredients into a food processor and blend until combined and the mixture is a rough paste.

Being careful of the blade, empty the mixture from the food processor into a large bowl.

Using wet hands to prevent the mixture from sticking to your hands, take a small handful of falafel mixture and shape it into a ball. Continue doing this with the rest of the mixture until you have around 15 balls.

Line a baking tray with greaseproof paper. Arrange each ball on the tray so that they are not too close together.

Bake in the oven for around 30 minutes, until the falafels are lightly brown on the outside.

Serve in wholemeal pita bread, Tzatziki dip, salad leaves and sliced tomatoes.