

Falafel Burgers

1 small onion chopped

300g can chickpeas

Clove garlic crushed

Handful of parsley

1 tsp ground cumin

1 tsp ground coriander

½ tsp chilli powder

2 tabs plain flour

salt

2 tabs oil

Method

In a food processor mix, everything but the oil

Make mix into patties

Fry 3 minutes each side

Serve with Pitta bread , salsa and green salad