Pea & Parsnip Falafels

Parsnips + peas = **fibre-packed, anti-inflammatory goodness**
Pop them into these easy falafels.

Makes: ~15 falafels
Time: probably about 25 mins

Ingredients

- 150g frozen peas
- 100g grated parsnips
- 200g cooked chickpeas
- 2 handfuls (~90g) chopped spring onions (white + green)
- 3 garlic cloves, crushed
- 2 tsp cumin
- Optional - 2 tsp ras el hanout
- 2 tsp dried oregano
- 1 heaped tbsp (~15g) ground flaxseed
- 1 tbsp flour (~10g) buckwheat/oat/wheat/spelt - any type good
- Big pinch salt

Use:

- Olive oil for frying
- 1 lemon, quartered
- Optional: hummus or garlicky yoghurt dip

Method

1. Defrost peas
2. Blitz everything **in a food processor until mushy but still chunky** (not a purée!) Avoid using a blender as this mixture doesn't work well in one, so if you don't have a food processor then tip the ingredients into a bowl and fork mash until mushy.
3. Rest 10 mins so it binds.
4. Roll into balls (about **35–40g each** / 1 heaped tbsp).
5. Pan-fry in a thin layer of olive oil on medium heat. Flatten gently into discs, cook ~**2 mins each side** until crisp + golden (batch cook if needed).

They're a bit delicate (not "dunkers") but SO good in a salad or with hummus/ garlicky yoghurt alongside.

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