

U.S. HASH BROWN POTATO FALAFEL

Makes: 5 Portions

Ingredients:

300gm ***U.S. Hash Brown Potato***

200gm Cooked Rice

100gm U.S. Chickpeas

50gm Diced Onions

30gm Crushed Garlic

20gm Coriander Leaves

150gm Toasted Cashew Nuts

1ea Egg

To Taste Salt

To Taste Ground Black pepper

To Taste Coriander

To Taste Cumin

100gm All Purpose Flour (+ -)

Oil for Frying

Ingredients for Serving:

5ea Pita bread halves

150gm Diced Tomatoes

90gm Diced Onions

60gm Pickled Turnip

50gm Tahini thinned with a little chicken stock or water

250gm Hummus

Method for Falafel:

1. In food processor pulse the rice, chickpeas, onion, garlic, coriander leaves and cashew nuts until a semi smooth texture is achieved
2. Season with salt, pepper, coriander and cumin
3. Add the ***U.S. Hash Brown Potatoes*** and pulse shortly
4. Transfer the mixture into a bowl
5. Add the flour and combine well



6. Rest for 15 to 30 minutes (*The mixture should hold when shaped into balls*)
7. Shape the **U.S. Hash Brown Potatoes** mixture into 15 walnut size balls or into small patties
8. Toss in flour or starch
9. Deep fry until golden brown and heated through – make a test first and adjust if necessary

Method for Serving:

1. Spread some hummus on to the inside of the bread
2. Stuff 3 Falafel balls/patties into each pita half
3. Add tomatoes, onion and pickled turnip
4. Drizzle with the thinned Tahini

