

Falafel with spring tabouli & tahini yoghurt

Ingredients: (Serves 4)

½ cup white quinoa
1 bunch of asparagus, cut into 5cm lengths
2× 400g tins chickpeas, drained then rinsed
½ bunch of flat leaf parsley, leaves picked
½ red onion, finely chopped
2 garlic cloves
1 tablespoon ground cumin
2 teaspoons ground coriander
⅓ cup self-raising flour
pinch of salt
2 tablespoons olive oil, plus 1 tablespoon extra
½ fennel bulb, thinly sliced
2 tablespoons currants
½ bunch of mint, leaves picked
juice of ½ a lemon

For the tahini yoghurt:

½ cup reduced-fat Greek yoghurt
2 tablespoons tahini
juice of ½ a lemon

Method:

1. Bring a large saucepan of water to the boil. Cook quinoa for 8-10 minutes or until tender. Add asparagus for the final minute of cooking. Drain and transfer to a large bowl to cool.
2. Meanwhile, make the falafel. Place a quarter of the chickpeas, parsley leaves, red onion, garlic, cumin and coriander in a food processor. Blitz until a paste forms. Add the remaining chickpeas and pulse briefly until just combined. Transfer falafel mixture to a large bowl. Stir through flour and season with a good pinch of salt. Divide mixture into twelve portions and shape into patties. Heat two tablespoons oil in a large frying pan over medium heat. Cook patties for 3-4 minutes each side or until golden brown and warmed through.
3. To the quinoa and asparagus bowl, add fennel, currants and mint leaves. Pour over lemon juice and remaining one tablespoon oil. Toss to coat.
4. Stir together yoghurt, tahini and lemon juice. Loosen with a small amount of cold water if necessary.
5. To serve, divide spring tabouli and falafel between bowls. Finish with a drizzle of tahini yoghurt.