



Black eyed pea Falafel

15'

Hands on

15'

Cook Time

8

Portion(s)

1

Difficulty



Method

- Place 100 g of boiled black-eyed peas in a [bowl](#). Beat the remaining black-eyed peas in a food processor until pureed.
- Transfer to a large bowl and add the breadcrumbs, finely chopped spring onion, salt, paprika, red pepper, eggs, finely chopped coriander, lemon juice and lemon zest. Wear [disposable gloves](#) and mix until all of the ingredients are completely combined. Shape into 8 falafel patties.
- Place a [pan](#) over medium heat, add 1 tablespoon of olive oil and let it get hot.
- Add 4 of the falafel and saute for 3-4 minutes on each side, until golden.
- Repeat the same process with the remaining falafel patties.

For the salad

- Turn up heat from medium to high and sauté the corn for 2-3 minutes.
- Transfer to a bowl and add the 100 g of black-eyed peas, finely chopped spring onion, cherry tomatoes cut in half, apple cider vinegar, coriander and salt.
- Toss and [serve](#) along with the falafel.

Ingredients

- 800 g black eyed peas, boiled
- 60 g whole wheat breadcrumbs
- 1 spring onion, finely chopped
- salt
- pinch hot paprika
- ½ red pepper, finely chopped
- 2 eggs, medium
- ½ tablespoon fresh coriander, finely chopped
- grated zest and juice from ½ lemon
- 2 tablespoons olive oil

For salad

- 100 g corn, canned
- 1 spring onion, finely chopped
- 30 cherry tomatoes
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh coriander, finely chopped
- salt

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-------------------------|-----------------------------|----------------------------|
| 211 Calories (kcal) | 5.6 Total Fat (g) | 1.1 Saturated Fat (g) | 26.0 Total Carbs (g) |
| 11% | 8% | 6% | 10% |
| 3.0 Sugars (g) | 12.0 Protein (g) | 4.4 Fibre (g) | 0.49 Sodium (g) |
| 3% | 24% | 18% | 8% |