

Serve with pita bread and salad for a main meal.

Vegetarian

Soy free

Gluten free

Suitable to freeze

Can be prepared early



Ingredients	6 serves (12 balls)	25 serves (50 balls)	60 serves (120 balls)
Falafel balls			
Chickpeas, canned, drained	1 x 400g can	5 x 400g cans	13 x 400g cans
Red onion, chopped	½ small	1 large	3 large
Coriander, ground	1 tablespoon	5 tablespoons	12 tablespoons
Cumin, ground	1 tablespoon	5 tablespoons	12 tablespoons
Garlic, crushed	2 cloves (10g)	8 cloves (40g)	18 cloves (90g)
Coriander, fresh, finely chopped	⅔ cup	2 ½ cups	6 cups
Parsley, flat leaf, fresh, finely chopped	⅓ cup	1 ¼ cups	3 cups
Self-raising flour	30g	120g	2 cups
Egg, lightly beaten	1 small	2 large	6 large
Tzatziki dip			
Lebanese cucumber, grated	1 large	5 medium	12 medium
Natural yoghurt	310g	1.3kg	3kg
Garlic, crushed	1 clove (5g)	4 cloves (20g)	10 cloves (50g)
Cumin, ground	½ teaspoon	2 ½ teaspoons	6 teaspoons

Method

- 1 Preheat oven to 180°C.
- 2 Blend chickpeas and onion in a food processor until combined. Transfer to a mixing bowl.
- 3 Add spices, garlic and fresh herbs and mix well. Stir in flour and egg.
- 4 Roll small handfuls of mixture into balls. Place on a lined baking tray and refrigerate for 30 minutes.
- 5 Flatten balls, and then lightly fry in a non-stick frying pan sprayed with oil. Alternatively, bake in oven until golden brown on both sides.
- 6 To make tzatziki, combine all ingredients in a bowl and mix well.
- 7 Serve falafel balls with tzatziki dip.

Tips

If serving as a main meal, accompany with pita bread and salad.

Each serve provides

- ½ children's serve of meat/alternatives¹ (chickpeas)
- ½ children's serve of milk/alternatives² (yoghurt)

Allergy modifications

- For an egg free option replace each egg with 1 teaspoon of egg replacer and 2 tablespoons of water.
- For a milk protein free or lactose free option, substitute the Tzatziki dip with hummus dip.
- For a nut free option, ensure the crushed garlic does not contain any nut products (if using commercial crushed garlic).
- For a gluten/wheat free option, serve with gluten free bread or wraps and use gluten free flour (check gluten free products for soy if necessary).

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

¹ One children's serve of lean meat, poultry, fish or alternatives is equal to half a serve in the *Australian Dietary Guidelines*.

² One children's serve of milk, yoghurt, cheese and/or alternatives is equal to just under half a serve in the *Australian Dietary Guidelines*.

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