



## Mushroom & Haloumi Falafel



30 pieces



60 minutes

### INGREDIENTS

- 400g button, cup or flat mushrooms
- 20ml olive oil, plus extra for cooking
- 100g brown onion, finely chopped
- 10g garlic
- 20ml dried Greek oregano
- 400g can chickpeas
- 1 bunch flat-leaf parsley
- 150g haloumi, grated
- 1 egg
- 40-60g dried breadcrumbs (packaged)
- 40ml tahini
- 3g sea salt
- 2g cracked black pepper
- 40g sesame seeds
- 250g Greek yoghurt
- ½ Lemon

### METHOD

1. Finely chop the onion and garlic.
2. Finely chop mushrooms by hand or put in a food processor
3. Heat oil in a frying pan over medium - high heat. Add mushrooms, onion and garlic, cook, stirring often, for 8 minutes or until all moisture has evaporated. Stir in oregano, cook 1 minute. Set aside to cool for 10 minutes. Drain any excess moisture and transfer to a bowl. Wipe pan clean.
4. Roughly chop the parsley and grate the haloumi.
5. Drain and rinse the chickpeas then blend the chickpeas in food processor with the parsley, haloumi, egg, 40g breadcrumbs and half the tahini until almost smooth. Add to mushrooms, season with salt and pepper and mix well. Adjust with extra breadcrumbs as needed to bind.
6. Roll one tablespoonful of mixture into a ball, then roll lightly in sesame seeds. Place on a tray. Repeat to make 30 falafels. Cover and refrigerate 30 minutes if time permits.
7. Mix remaining tahini and yoghurt together. Refrigerate until ready to serve.
8. Shallow or deep fry falafel in batches, turning often for 5 minutes or until golden.
9. Serve warm with tahini yoghurt sauce, lemon wedges and parsley sprigs.