Falafel croquettes with pepper-and-oregano-flavoured tomato cream



Preparation time: 30 min
Difficulty: Medium

Ingredients

- Chickpea flour: as required
- Cumin powder: 1/2 teaspoon
- Dried chickpeas: 250 g
- Extra virgin olive oil (EVO): as required
- Garlic: 1 clove
- Minced parsley: 2 tbsp
- Onion: half
- Onion: 1/4
- Oregano: as desired
- Papper: to taste
- Salt: to taste
- Salt and Pepper: to taste
- Yellow Pepper: 1

Preparation

Soak dried chickpeas in water for 24 hours, replacing it after 12 hours.
After that, carefully drain the chickpeas and place them in a mixer with chopped onion, a garlic clove (or as desired), parsley, cumin and a little EVO oil.
Blend until you gain a homogeneous mixture, season to taste. To obtain a more compact dough and better-shaped croquettes leave the dough in the fridge for an hour, then start hand-shaping little disks or balls.
In case the mixture comes to be too soft, add some more chickpea flour. Make the croquettes, then proceed to fry them in boiling seed oil until they are of a golden brown, as the traditional recipe suggests.

For the sauce:
Chop the onion and dice the peppers, sauté them with a little EVO oil in a non-stick pan and, once cooked, add **Pomì chopped tomatoes**. End the cooking over moderate heat and season with oregano, salt and pepper.
Serve the falafels on colored paper with a finger-food glass of tomato cream.

For this recipe we used:

Chopped Tomatoes 300 ml

