



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



Time: 30 min.

Difficulty: Medium

Ingredients (4 people (10/15 falafels))

- **Ingredients**

- Chopped Tomatoes 3x400g 300 ml
- 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 1/4
- Onion half
- Oregano as desired
- Pepper to taste
- Salt to taste
- Salt and Pepper to taste
- Yellow Pepper 1

For this recipe we used:



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.