

Lima beans and chickpea falafels, yogurt and sesame sauce.

Recipe for 12 tapas

Description

Another way to make a orientale dish.

Ingredients

For the falafels

- 2 Clove(s) Garlic
- 0.50 Bunch(es) Flat parsley
- 125 Gr Frozen shelled horse beans
- 30 Ml Flour
- 10 Ml Baking powder
- 5 Ml Cumin powder
- 150 Gr Chickpeas
- 5 Ml Olive oil

- Salt and pepper

For the sesame sauce

- 0.50 Bunch(es) Flat parsley
- 2 Clove(s) Garlic
- 30 Ml Roasted sesame oil
- 1 Unit(s) Lemon
- 200 Gr Plain yogurt 10%

- Salt and pepper

Preparation

- Preparation time **15.00 mins**

For the preparations

Pick the parsley, cut half of the garlic in 4 pieces. Squeeze the lemon and strain the juice.

For the falafels

In the cutter, put half of the parsley, the garlic and mix. Add the lima beans, the chickpeas, the flour, the baking powder and the cumin, mix it until you get a thick dough. Add the olive oil to loosen the dough. The addition of oil will help the falafel not to dry out. With the palm of your hands roll some balls but not too big (golf ball size). Deep fry it for 5 minutes until it gets golden brown. Reserve it on a scott towel.

For the sesame sauce

In a bowl, mix the yogurt and the sesame oil. Add the garlic, the parsley, the lemon juice, salt and pepper. Serve in a spoon with the yogurt sauce.

Bon appétit!