KIKKOMAN

Falafel with Hummus

INGREDIENTS

4 portion(s)

For the Falafel:

500 g	drained chickpeas
0.25 bunch	of coriander
0.25 bunch	of parsley
2	cloves of garlic
2	spring onions
2 tsp	cumin
5 tbsp	Kikkoman Teriyaki Wok Sauce with Toasted Sesame
2 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
4 tbsp	flour
1 tsp	baking powder
1 l	vegetable oil for frying

For the Hummus:

250 g	drained chickpeas
2 tbsp	tahini
1	clove of garlic
4 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1 dash	of lemon juice
50 ml	water
4 tbsp	olive oil
	Black Pepper for seasoning

PREPARATION

Step 1

Falafel:

Rinse the chickpeas. Finely chop the coriander, parsley, garlic and spring onions.

Put the chickpeas and the chopped ingredients into a food processor and blend to a fine paste. Season with Kikkoman Naturally Brewed Less Salt Soy Sauce, Kikkoman Teriyaki Sauce with Toasted Sesame and cumin. Add the baking powder and gradually add flour to bind the mixture. Place the dough in the fridge to cool.

Make small balls from the cold dough and place in hot oil. Fry until well browned, drain on kitchen paper and serve immediately.

Step 2

Hummus:

Rinse and drain the chickpeas. Peel and chop the garlic. Add the chickpeas, water, olive oil and garlic to a food processor and blend to a creamy hummus. Season the hummus with Kikkoman Ponzu Lemon, Tahini, Lemon Juice and Pepper. Serve with a dash of olive oil and a sprinkle of sesame seeds and paprika.