



Falafel Scotch Eggs

Serves 4 / 35 Minutes / Easy

You will need:

- 4 (3 or 4 day old) eggs
- 300g skinned fava beans or chickpeas soaked in water for 24 hours
- 1 red chili, deseeded and chopped
- ½ red onion, finely chopped
- 2 cloves of crushed garlic
- 2 heaped tsps of ground cumin
- 1 large handful of chopped coriander
- 1 large handful of chopped mint
- 1 large handful of chopped parsley
- 2 tbsps of ground almonds
- ½ tsp salt
- ½ tsp bicarbonate of soda
- Sunflower or olive when pan frying

Method:

- 1) Boil the eggs for 6 minutes and place into a bowl of water with ice.
- 2) Prepare all of the ingredients and place in a food processor with the beans first.
- 3) Whizz the ingredients to form a green paste for 3 minutes on high.
- 4) Unpeel the eggs from the shells and place on kitchen towel to dry.
- 5) Take an egg and cover with the falafel mix. Shape your hands around it so that the mixture is evenly covering the egg.
- 5) Do this with the other eggs and pan fry in 200ml of olive oil on a high heat for 4 minutes (you can choose after 2 to place the scotch eggs in the oven as I did with the lamb scotch eggs for 10 minutes at 180C).
- 6) With the leftover falafel mix, shape the mix into balls or a burger patty to make falafels for salad or vegan burgers.
- 7) Leave the scotch eggs to dry and cool on a paper towel, slice down the middle and serve with hummus as a breakfast snack or autumn picnic treat!



Nutritional Content Per Scotch Egg

Calories	286	Sodium	98 mg
Total Fat	3 g	Potassium	73 mg
Saturated	1 g	Total Carbs	67 g
Polyunsaturated	1 g	Dietary Fibre	32 g
Monounsaturated	0 g	Sugars	7 g
Trans	0 g	Protein	10 g
Cholesterol	186 mg		
Vitamin A	0%	Calcium	4%
Vitamin C	27%	Iron	35%