

45 minutes

Serves 4

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Ingredients:

Pea falafel:

- ½ packet (500g) frozen peas
- Handful fresh coriander
- Handful fresh mint
- Grated peel of ½ lemon
- 2 tsp (10ml) ground cumin
- ½ tsp (3ml) baking powder
- 2 cloves garlic, crushed
- ½ bunch spring onions, sliced
- Flour, for dusting
- Salt and milled pepper
- Olive oil, for drizzling

Avocado hummus:

- 1 avocado
- 2 Tbsp (30ml) tahini
- 1 clove garlic, crushed
- Juice (30ml) of ½ lemon
- Salt and milled pepper
- Baby gem lettuce, shredded
- 1 tomato, sliced
- 6 cocktail rolls

Method

1. Preheat oven to 200°C.

2. Pulse frozen peas, coriander, mint, grated lemon peel, cumin, baking powder, garlic, spring onions and seasoning in a food processor until it forms a rough paste.
3. Using floured hands, shape mixture into small balls, place on a lined baking tray and drizzle with olive oil.
4. Bake for 15-20 minutes, until golden.
5. Blitz avocado with tahini and garlic.
6. Add lemon juice and seasoning to taste.
7. Pile shredded baby gem lettuce and sliced tomatoes onto cocktail rolls.
8. Top with pea falafel and a dollop of avocado hummus.
9. Serve.

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