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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