

## Festive Grazing Board (vegetarian friendly)

Serves 6 | Recipe time: 30 minutes

- **Ingredients:**
- 14 Falafels (see recipe below)
- 2-4 flatbreads
- 1 tbsp dried cranberries
- 120g jarred peppers
- 4 tbsp tomato purée
- 1 tsp ground cumin
- 2 small aubergines
- 1 garlic clove
- 1 small onion
- Small bunch parsley
- ½ tbsp smoked paprika

### To serve:

- 120g olives
- 250g Halloumi
- 1 good quality hummus, or any other dips such as baba ganoush or tzatziki
- Enough crudités for number of guests, such as, Turkish cucumbers, chicories, radishes, carrots
- 1 pomegranate, optional

### Method:

1. Start by making the flatbread topping base.
2. Cut the aubergines into chunks and place in a bowl with a good pinch of sea salt to draw out the moisture.
3. Finely chop the garlic and cut the onions into chunks. In a pan on a medium heat, heat 1 tbsp olive oil add the garlic and onion. Dry the aubergine with kitchen roll and add into the pan too. Finely chop the stalks of the parsley and fry this with the veg along with the paprika, stirring to coat. Cook for 10 minutes stirring regularly then stir in the remaining tomato purée with the same amount of water and a good pinch of salt and pepper.
4. Meanwhile place the flatbreads onto a flat baking sheet. Top each one evenly with the topping base and a drizzle of olive oil and place in the oven for around 8-10 minutes, until hot and crisp. Top with the remaining peppers and slice.
5. Chop the crudités into suitable sizes and decant any other extras and dips ready for the board.
6. Heat a medium pan and slice the halloumi into slices, about ½ cm thick. Fry in a dry pan for a couple of minutes turning half way. Serve up with a drizzle of honey if you wish.
7. Pile onto the board and place the aubergine to a bowl. Perfect with crackers or on its own. Sprinkle over the reserved parsley.
8. Assemble all the glazing elements into the circular wreath shape for a festive feel and decorate with pomegranate and Rosemary sprigs if you wish.



## Falafel Recipe

### Ingredients:

- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 tablespoon minced garlic
- 1 medium onion, finely chopped
- 2 tablespoons finely chopped fresh parsley
- 1 teaspoon ground coriander
- 3/4 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- Freshly ground black pepper, to taste
- 2 to 3 tablespoons all-purpose flour
- 1 1/2 cups vegetable oil, more as needed

### Method:

1. Combine chickpeas, garlic, onion, parsley, coriander, cumin, salt, and pepper (to taste) in a medium bowl. Add 2 tablespoons of flour and combine well.
2. Mash chickpeas, making sure ingredients are thoroughly mixed together and mixture binds easily when shaped into a ball. (Alternatively, combine ingredients in a food processor. Pulse, then process, scraping down bowl occasionally with a silicone spatula, until mixture is mostly smooth, about 1 minute.) Add an extra tablespoon of flour if mixture is too sticky. The result should be a thick paste.
3. Form mixture into pingpong-sized balls. Slightly flatten.
4. Add oil to a large skillet and heat over medium-high until oil shimmers. Shallow-fry falafel in batches to avoid crowding pan, 2 to 5 minutes per batch, flipping when browned on one side and adding more oil, if needed. Remove from skillet and drain on paper towels. Serve falafel by itself, or with warm pita bread with veggies, or tahini sauce.
5. You can replace the all-purpose flour with chickpea flour if you have it in your pantry. It would give the falafel an extra nutty taste and boost the protein content slightly from the chickpeas. You can even make your own chickpea flour if you like.
6. Recipe Variation: If you don't want to deep-fry or pan-fry the falafel, you can bake it instead.
7. Here's how:
8. Heat the oven to 375 F. Spray a rimmed baking sheet with cooking spray or line it with parchment paper. Place the falafel balls 3 inches apart. Bake for 10 minutes, flip, and bake for an extra 10 to 12 minutes, until golden brown.