

GREAT RECIPES
AS SEEN ON

BRITISH
MUSLIM 

FALAFEL SCOTCH EGGS



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Serves 4

Preparation time:

10 minutes (plus overnight soaking)

Cooking time:

15 - 20 minutes

Ingredients:

450g dry chickpeas

4 eggs

1 small onion, peeled and roughly chopped

3tbsp freshly chopped flat-leaf parsley

3-5 garlic cloves (roasted if you prefer it),
peeled and finely chopped or crushed

1½ tbsp flour

1½ tsp salt

2 tsp ground cumin

2 tsp ras-el-hanout

Method

1. Soak chickpeas overnight. Drain, rinse, re-rinse and drain again.
2. Boil 4 eggs to your preferred consistency and leave to cool before peeling carefully.
3. Add everything except the oil to a food processor or blender and whizz until nearly smooth. Cover and refrigerate for an hour.
4. Mould about ¼ of the mixture into a flat shape about the size of your hand and just over 1cm thick.
5. Place an egg in the middle of the mixture and carefully wrap the mixture around until ALL of the egg is covered in an even 1cm thickness of falafel mixture.. Repeat for all 4 eggs.
6. Heat a deep fat fryer to 180°C and cook one scotch egg. The egg will float once cooked. Drain on absorbent kitchen paper. Remove and cook each egg separately in the oil.
7. Serve immediately.