

# Arabian Falafel

**Value Proposition:** High protein chickpea balls with Arabian spices

## Faba Bean Protein Concentrate 60 -Defflavoured (FFBP-60-D)

- Clean taste faba bean protein concentrate
- Easy to use for protein enrichment
- Very good texturiser and emulsifier

## Chickpea flour

- Contributes to firmness and bite
- Binds water
- Enhances the overall taste, gives a more savoury flavour impression

Ingredients	%
Whole Chickpeas	59.30
Red Onions, Chopped	15.00
Defflavoured Faba Bean Protein Concentrate 60	10.00
Chickpea Flour	5.00
Lemon Juice	3.00
Rapeseed Oil	2.50
Dried Parsley	2.00
Garlic Puree	1.00
Ground Cumin	0.75
Ground Coriander	0.75
Salt	0.50
Cayenne Pepper	0.20

Nutrition Facts	
Serving size	(100g)
Energy	171kcal / 714kj
Fat	5.1g
of which saturates	0.4g
Carbohydrate	19.9g
of which sugars	3.7g
Protein	11.9g
Dietary Fibre	6.1g
Sodium	0.91g



## Preparation :

1. Premix all dry ingredients
2. Add all wet ingredients, onions and whole chickpeas in a high speed mixer
3. Add all dry ingredients to the blender and incorporate at speed 3 for 2 minutes until you get a coarse mass
4. Shape mass to required size (15g) and deep fry at 180°C until golden