

Ham and Bean falafels

When I started this recipe the idea was to make meatballs but actually they turned out more like falafels so call them what you will but they are good!!! I made this with left over ham from xmas so this started off as a huge joint of ham and I was left just over 400g of cooked ham. If you buy an uncooked joint then just boil it and shred it before you start this recipe 😊

This recipe made 19 balls so just half the recipe if you want less although these are safe to freeze (not sure how much moisture you'll use when you reheat them though)

- 450g cooked shredded ham
- 1 tin butter beans
- 1 tin chickpeas
- ½ teaspoon onion powder
- ½ teaspoon garlic powder (no more as is added extra the 2nd time I made these and they were too garlicky!)
- 1/2 teaspoon ground coriander
- 1 egg
- Drizzle of olive oil

Preheat the oven to 150'. Place the beans, garlic and onion powder into a food processor and blitz until smooth. Add the shredded ham and the egg white and mix with your hands. Roll into small balls (whichever size you prefer – you could even make them into a burger shape) and place on a baking tray. Drizzle over a little olive oil and bake in the oven for 10-15 mins.

You could have these with a homemade tomato based sauce. We had them just as they were with some salad, a yogurt style dip and sweet potato fries.