

Bean Sprout Falafel Sliders

Yield: 10 sliders

- 1 Cup Chickpeas, Dried
- 6 oz Sweet Maui Onion, chopped
- 2 Tbsp Garlic, minced
- 2 Tbsp Parsley, chopped
- 2 Tbsp Cilantro, chopped
- 2 Tbsp Mint, chopped
- 1 ½ tsp Kosher Salt
- ¼ tsp Cayenne Pepper
- 1 tsp Cumin, ground
- ½ tsp Coriander, ground
- ¼ tsp Cardamom, ground
- ½ tsp Black Pepper
- 1 tsp Baking Powder
- ½ Cup Flour
- 1 lb Mung Bean Sprouts, blanched and squeezed of excess water
- Oil for frying, as needed
- 10 slices Plum Tomato
- 10 leaves Lettuce
- 10 slices Sweet Maui Onion, sliced thin
- 2 oz Macadamia Nut Bean Sprout Hummus
- 1 oz Harissa
- 10 buns (Taro Rolls) small



1. Soak the chickpeas in water, overnight.
2. Drain and place the chickpeas, onions, garlic, herbs and spices into a food processor and puree
3. In a separate bowl mix the flour and baking powder
4. Add flour mixture to the pureed chickpeas and pulse until a dough forms.
5. Remove from food processor into a mixing bowl and mix in bean sprouts
6. Let mixture rest in refrigerator for an hour or two
7. Form into ten even patties and pan fry or deep fry in oil, until brown.
8. Drain excess oil on paper towels
9. Place patties in the slider buns and top with hummus and harissa. Garnish with lettuce, tomato and onion.
10. Serve immediately

Bean Sprout Macadamia Nut Hummus

Yield: 2 cups

- 4 oz Macadamia nuts, roasted
- 12 oz Bean Sprouts, blanched and squeezed of excess water
- ¼ Cup Olive oil
- 1 T Lemon juice
- 1 tsp Garlic, minced
- ¼ tsp Cumin, ground
- ½ tsp Salt
- ¼ tsp Pepper

1. In a food processor combine all ingredients and puree.
2. May be used as a spread or dip