

Falafel

Middle Eastern · Main Course · Medium · 25 min total · Serves 6

Crispy baked fried chickpea patties with herbs and spices. Served in pita with tahini.

Ingredients

- 1 cup dried chickpeas (soaked overnight)
- 0.5 medium onion
- 3 cloves garlic
- 0.5 cup parsley
- 1 tsp cumin
- 1 tsp coriander
- 0.75 tsp salt
- 0.5 tsp baking powder
- 2 cups oil (for frying)
- 6 pitas
- 0.5 cup tahini sauce

Method

1. Process chickpeas, onion, garlic, parsley, spices in food processor (NOT to hummus, leave texture).
2. Stir in baking powder. Rest 15 min.
3. Form into balls. Deep fry 3-4 min until deep golden.
4. Serve in warm pita with tahini, lettuce, tomato, pickles.

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