



Air Fryer Falafel

Jacob · 29/09/2024



Prep Time

1 day 1 hr

Difficult

Medium

Servings

1 day 1 hr 40 mins

Description

Once youve soaked your chickpeas you can use a food processor and an air fryer to quickly bake these spicy falafel patties Serve with your favorite garnishes and sauce

Ingredients

- - 1 cup dry garbanzo beans - 1 ½ cups fresh cilantro
- stems removed - ¾ cup fresh flat-leafed parsley
- stems removed - 1 small red onion
- quartered - 1 clove garlic - 2 tablespoons chickpea flour - 1 tablespoon ground coriander - 1 tablespoon ground cumin - 1 tablespoon riracha sauce - salt and ground black pepper to taste - ½ teaspoon baking powder - ¼ teaspoon baking soda - cooking spray

Instructions

1. Soak chickpeas in a large amount of cool water for 24 hours. Rub the soaked chickpeas with your fingers to help loosen and remove skins. Rinse and drain well. Spread chickpeas on a large clean dish towel to dry. Blend chickpeas
2. cilantro
3. parsley
4. onion
5. and garlic in a food processor until a rough paste forms. Transfer mixture to a large bowl. Add chickpea flour
6. coriander
7. cumin
8. Sriracha
9. salt
10. and pepper and mix well. Cover bowl and let mixture rest for 1 hour. Preheat an air fryer to 375 degrees F (190 degrees C). Add baking powder and baking soda to the chickpea mixture. Mix using your hands until just combined. Form 15 equal-sized balls and press slightly to form patties. Spray falafel patties with cooking spray. Place 7 falafel patties in the preheated air fryer and cook for 10 minutes. Transfer cooked falafel to a plate and repeat with remaining 8 falafel
11. cooking for 10 to 12 minutes. Recipe Tip Feel free to try harissa sauce in place of Sriracha.