

Falafels with YogurtDill Sauce

Oscar · 29/09/2024

**Prep Time**

45 mins

Difficult

Medium

Servings

4

Description

These falafels are packed with flavor Your family will love them Wrap in tortilla and top with yogurt sauce Add other toppings such as tomatoes lettuce and shredded cheddar cheese

Ingredients

- - 1 (15 ounce) can chickpeas (garbanzo beans)
- drained and mashed with fork - $\frac{3}{4}$ cup panko bread crumbs - 1 small unpeeled red potato
- shredded - $\frac{1}{4}$ cup diced red onion - 2 cloves garlic
- crushed - 1 egg - 1 tablespoon olive oil - 1 tablespoon chopped fresh cilantro - 1 teaspoon lemon juice - 1 teaspoon ground cumin - $\frac{1}{4}$ teaspoon salt - $\frac{1}{4}$ teaspoon ground black pepper - $\frac{1}{4}$ cup panko bread crumbs - 1 cup canola oil for frying - 1 cup plain yogurt - ? cup finely chopped fresh dill - $\frac{1}{2}$ lemon
- juiced - $\frac{1}{2}$ teaspoon garlic salt - $\frac{1}{4}$ teaspoon ground white pepper

Instructions

1. Combine chickpeas
2. 3/4 cup panko bread crumbs
3. red potato
4. red onion
5. garlic
6. egg
7. 1 tablespoon olive oil
8. cilantro
9. 1 teaspoon lemon juice
10. cumin
11. salt
12. and black pepper in a large bowl. Form mixture into 2-inch patties. Place 1/4 cup panko crumbs in a shallow bowl. Gently press patties into the crumbs to coat. Heat canola oil in a large skillet over medium-high heat. Fry patties in the hot oil until golden brown
13. about 4 minutes per side. Set patties aside. Stir yogurt
14. dill
15. lemon juice
16. garlic salt
17. and white pepper together in a bowl. Serve sauce drizzled over falafels.