

Falafel with Canned Chickpeas

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

12

Description

Falafel made with canned chickpeas just like the ones you taste in a Greek restaurant This recipe makes about 12 patties Serve with hummus or tzatziki sauce

Ingredients

- - 1 ½ (15 ounce) cans chickpeas
- drained - 1 ½ onions
- chopped - ¾ cup chopped fresh parsley - 3 cloves garlic
- chopped - 2 eggs - 1 tablespoon ground cumin - 1 ½ teaspoons ground coriander - 1 ½ teaspoons salt - 1 ½ teaspoons lemon juice - 1 ½ teaspoons baking powder - 1 pinch ground black pepper
- or to taste - 1 pinch cayenne pepper
- or to taste - 1 ½ cups bread crumbs - 1 tablespoon olive oil
- or as needed

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Mash chickpeas in a bowl using a masher. Combine mashed chickpeas
2. onions
3. parsley
4. and garlic in a blender; blend until smooth. Dotdash Meredith Food Studios Mix eggs
5. cumin
6. coriander
7. salt
8. lemon juice
9. baking powder
10. black pepper
11. and cayenne together in a bowl. Add chickpea mixture and mix together. Add bread crumbs slowly and combine using your hands until mixture will hold together when frying. Dotdash Meredith Food Studios Heat oil in a skillet over medium-high heat. Form mixture into twelve 3-inch diameter patties. Fry patties in hot oil until browned
12. 3 to 4 minutes per side. Dotdash Meredith Food Studios