

Sean39s Falafel and Cucumber Sauce

Savannah · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

1 hr

Description

This falafel sauce recipe is great Everyone that I have made it for loves it Yum

Ingredients

- - 1 (6 ounce) container plain yogurt - ½ cucumber - peeled
- seeded
- and finely chopped - 1 tablespoon mayonnaise (Optional) - 1 teaspoon dried dill weed - salt and pepper to taste - 1 (15 ounce) can chickpeas (garbanzo beans)
- drained - 1 onion
- chopped - ½ cup fresh parsley - 2 cloves garlic
- chopped - 1 large egg - 2 teaspoons ground cumin - 1 teaspoon ground coriander - 1 teaspoon salt - 1 teaspoon lemon juice - 1 teaspoon baking powder - 1 dash black pepper - 1 pinch cayenne pepper - 1 tablespoon olive oil - 1 cup dry bread crumbs
- or as needed - 2 cups oil
- or as needed
- for frying - 2 pita breads
- cut in half (Optional) - 1 cup chopped tomatoes (Optional)

Instructions

1. Make sauce: Combine yogurt
2. cucumber
3. mayonnaise
4. dill
5. salt
6. and pepper in a small bowl; mix well. Chill in the refrigerator for at least 30 minutes. Make falafel: Mash chickpeas in a large bowl until thick and pasty; do not use a blender as the consistency will be too thin. Place onion
7. parsley
8. and garlic in a blender; blend until smooth. Stir into mashed chickpeas until well combined. Combine egg
9. cumin
10. coriander
11. salt
12. lemon juice
13. baking powder
14. black pepper
15. and cayenne in a small bowl. Stir into chickpea mixture along with olive oil. Mix in bread crumbs
16. a little at a time
17. until mixture holds together but is not sticky. Form mixture into 8 balls
18. then flatten into falafel patties. Heat 1 inch oil in a large skillet over medium-high heat. Fry falafels in hot oil until brown on both sides. Serve 2 falafels in each pita half
19. topped with chopped tomatoes and sauce. JOANNAH Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount may vary depending on cook time and temperature
20. ingredient density
21. and the specific type of oil used.