

Baked Falafel

Oscar · 28/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

55 mins

Description

An easy yummy way to make falafel Serve with pita bread and your favorite tzatziki

Ingredients

- - ¼ cup chopped onion - 1 (15 ounce) can garbanzo beans
- rinsed and drained - ¼ cup chopped fresh parsley - 3 cloves garlic
- minced - 1 teaspoon ground cumin - ¼ teaspoon ground coriander - ¼ teaspoon salt - ¼ teaspoon baking soda - 1 tablespoon all-purpose flour - 1 egg
- beaten - 2 teaspoons olive oil

Instructions

1. Wrap onion in cheese cloth and squeeze out as much moisture as possible. Set aside. Place garbanzo beans
2. parsley
3. garlic
4. cumin
5. coriander
6. salt
7. and baking soda in a food processor. Process until the mixture is coarsely pureed. Mix garbanzo bean mixture and onion together in a bowl. Stir in the flour and egg. Shape mixture into four large patties and let stand for 15 minutes. Preheat an oven to 400 degrees F (200 degrees C). Heat olive oil in a large
8. oven-safe skillet over medium-high heat. Place the patties in the skillet; cook until golden brown
9. about 3 minutes on each side. Transfer skillet to the preheated oven and bake until heated through
10. about 10 minutes.