

EASY FALAFEL

Makes 12 Falafel

Serving Size 3 Falafel

Calories: 270, Protein: 7g, Fat: 18g, Carbs: 24g, Fibre:5g

INGREDIENTS

- 1 can chickpeas (drained & rinsed) (sub any bean/peas mixture)
- 1/3 cup chopped fresh parsley (or sub coriander)
- 4 cloves garlic
- 2 spring onions
- 2 Tbsp sesame seeds (or sub finely chopped nuts)
- 1 1/2 tsp cumin (plus more to taste)
- 1/4 tsp each sea salt and black pepper (plus more to taste)
- 1 healthy pinch each cardamom and coriander (*optional*)
- 3-4 Tbsp all-purpose flour
- 3-4 Tbsp coconut oil for cooking (or sub any neutral oil with a high smoke point)
- Optional - Panko bread crumbs for coating

DIRECTIONS

1. Add chickpeas, parsley, spring, garlic, sesame seeds, cumin, salt, pepper (and coriander and cardamom if using) to blender/food processor and mix/pulse to combine, scraping down sides as needed until thoroughly combined. You're looking for a crumbly dough, not a paste
2. Place in a bowl and add flour 1 Tbsp at a time, mix to combine until no longer wet and you can mold the dough into a ball without it sticking to your hands
3. Taste and adjust seasonings as needed. I added a bit more salt, pepper, and a dash of cardamom and coriander. You want the flavor to be pretty bold, so don't be shy.
4. Transfer to a mixing bowl, cover and refrigerate for 1-2 hours to firm up. **If you're in a hurry you can chill in the freezer for 45 minutes** or skip this step – but they will be a little more fragile when cooking.

5. Once chilled, scoop out rounded Tablespoon amounts and gently form into 11-12 small discs
6. **OPTIONAL:** Sprinkle on panko bread crumbs and gently press to adhere – flip and repeat. This will produce a crispier falafel, but it's optional.
7. Heat a large pan over medium heat and add enough oil to generously coat the pan – about 2 Tbsp (30 ml). Swirl to coat.
8. **NOTE:** If not cooking all of the falafel right away, FREEZE uncooked falafel between layers of parchment paper and store in a container in the freezer up to 1 month. Then just thaw and cook as instructed!
9. Once the oil is hot, add only as many falafel as will fit very comfortably in the pan at a time – about 5-7.
10. Cook for a total of 4-5 minutes, flipping when the underside is deep golden brown. Repeat until all falafel are browned – the deeper golden brown they are, the crispier they'll be. They will also firm up more once slightly cooled. Alternatively bake at 200C or air fry.
11. Best when fresh, though leftovers will keep in the refrigerator covered for 4-5 days. Freeze after that to keep fresh for up to 1 month. From thawed, reheat in a 180C oven for 15 minutes or until hot.