



Falafel with Chickpeas

PREP: 20 mins

FRIDGE TIME: 1 hour

COOK TIME: 30 mins

Is Falafel healthy? Most restaurant ones aren't because of deep-frying. But you can turn falafel into a health food by baking your own, and stuff the patties with antioxidants-rich herbs and spices. Baking is better than deep frying, not only because it uses less oil, more nutrients are preserved if the same food is cooked at lower temperature. Chickpeas are a good source of protein and complex carbs, as well as iron, folate, magnesium, phosphorus, and B vitamins,

Ingredients

- 1 400g can of chickpeas, drained and rinsed
- 1 sweet potato (boiled, peeled and mashed).
- 1 -2 cups fresh parsley, chopped, 1/2 cup fresh dill, chopped
- 2-3 garlic cloves, minced, 1/2 onion, peeled and chopped.
- Pink salt to taste, 1 tsp ground black pepper, 1 tsp ground cumin, 1 tsp ground coriander, 1 tsp turmeric or curry powder, 1 tsp cayenne pepper (optional), 2 tbsp sesame seeds.
- 1 tbsp olive oil for baking or 3 tbsp avocado oil for frying

Method

- Add all the ingredients into a powerful food processor. Pulse a little bit at a time until the mixture is finely ground like a coarse meal.
- Transfer the mixture to a large bowl, cover and refrigerate for at least 1 hour or overnight. Chilling makes it easier to form the patties.
- When ready to cook, scoop the falafel mixture with an ice cream scoop or a large spoon, shape them into patties.
- **Baking:** Preheat oven to 170°C. Place the patties on a greased and lined baking tray. Brush the patties with some extra virgin olive oil. Bake for about 30 minutes, flip the patties over about halfway.
- **Frying:** Heat oil in pan and fry on medium-low heat for 3-4 minutes per side, until the outside is crispy and slightly brown.
- Serve hot in pita bread or on their own with tahini or hummus, freshly chopped parsley, tomato and cucumbers. Enjoy!