

Oven Bake Easy Falafels

One recipe found around the Mediterranean

Minutes to Prepare: 20 Minutes to Cook: 25 Number of Servings: 6



The basic Ingredients:

- 1 finely chopped large onion
- 3 mince cloves garlic
- 2 tin chickpeas
- 2 tablespoon olive oil
- 1 teaspoon bicarbonate of soda
- 1 medium egg OR 2 tablespoons chick pea flour
- 2 tablespoons chopped parsley
- 2 tablespoons chopped coriander
- 2 teaspoons cumin
- 1 teaspoon paprika
- Salt & pepper (to taste) optional:
- 1 teaspoon Ras-el-hanout.

Method:

1. Chop and prepare all the ingredients, drain the chick peas
2. Pre-heat the oven at 180 degrees
3. In a blender mix all the prepared ingredients minus one tin of chickpeas together and pulse to obtain a fairly smooth paste
4. Add the second tin of chick peas and pulse so to obtain a coarse paste ,
5. **LEAVE to REST for about One Hour in the fridge (if you can!)**
6. Line an oven tray with baking paper
7. Dipping your hands in flour or chick pea flour or polenta, form 12 equal balls that you can flatten into a flat patty or a ball shape
8. Place the falafels on the tray & Bake for 25-30 minutes, turning once