



Falafel with Tahini Sauce



DIFFICULTY: EASY



PREPARATION TIME: 20
MINS



COOKING TIME: 20 MINS



SERVES: 20

Ingredients

- 1 small onion, roughly chopped
- 2 cloves garlic, roughly chopped
- $\frac{3}{4}$ cup continental parsley leaves
- $\frac{3}{4}$ cup coriander leaves
- 2 x 400g canned chickpeas, drained & rinsed
- 1 tsp ground cumin
- 1 tsp ground coriander
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{4}$ cup plain flour
- $\frac{1}{2}$ tsp baking powder
- Salt
- 1 tbsp olive oil

Tahini Sauce

- $\frac{1}{3}$ cup tahini
- $\frac{1}{3}$ cup water
- 1 tbsp lemon juice
- $\frac{1}{4}$ cup yogurt

Method

Place the onion, garlic, parsley and coriander into a food processor and pulse until finely chopped. Add the chickpeas, spices, flour and baking powder and season well with salt. Continue pulsing to form a rough paste. Remove from the food processor and chill for 30 minutes.

Preheat the oven on CircoRoasting to 190°C and line the universal pan with baking paper. Shape the falafel mix to form 20 patties approximately 1cm thick and place onto the prepared tray. Brush the patties with olive oil and cook on shelf position 4 for 18 to 20 minutes or until lightly golden.

While the falafel are cooking, make the tahini sauce by combining all the ingredients and mixing well.

Serve Falafel with salad greens, tabbouleh, & tahini sauce.

Salt to taste

Notes
