COOKING PASSION SINCE 1877

Falafel Sandwich with Hummus

DIFFICULTY: EASY

PREPARATION TIME: 12 HOURS

COOKING TIME: 25 MINUTES

SERVES: 6-8

Ingredients

250 g dried chickpeas

10 g fresh coriander

10 g fresh parsley

2 red onions

2 cloves of garlic

1 tsp Ras el Hanout

2 tsp ground cumin

1 tsp salt

1 tbsp sesame paste (tahini)

Juice and zest of 1 organic lemon

½ tsp baking powder

250 g Greek yoghurt

6-8 cherry tomatoes

70 g of plucked lettuce

6 pita or naan breads

200 g hummus

coriander greens for serving

lemon for drizzling

Method

Soak the chickpeas in plenty of water for at least 12 hours, then drain well. For the falafel, wash the coriander and parsley and pluck the leaves from the
stems. Peel the red onions and the garlic. Finely dice 1 red onion and the garlic and cut the other red onion into fine rings for serving.

Place the chickpeas, coriander, parsley, diced onion, garlic, ras el hanout, cumin, salt, sesame paste, lemon juice and zest of ½ lemon, and baking powder in a food processor. Blend the ingredients until creamy but not too fine. You may still see a few chunks.

Preheat the oven to 200 °C Air Fry. Shape the falafel mixture into 18 – 20 small balls with your hands or an ice cream scooper. Arrange the falafel on the Air Fry & Grill Tray, place in the oven, and air fry for 15 – 19 minutes on shelf level 2, until golden brown.

For the yoghurt sauce, mix yoghurt and the juice and zest of ½ lemon. Season with salt and pepper. Wash and drain the lettuce. Also wash the tomatoes, remove the stalk and cut into slices.

Toast the pita or naan bread in a pan on Induction Hob setting 6. Spread thinly with hummus and top with lettuce, tomatoes and onions, as desired.

Fill each with 3 falafel balls, top generously with yoghurt sauce and coriander greens and finally drizzle with lemon juice. Enjoy!

CircoTherm® Method:

Soak the chickpeas in plenty of water for at least 12 hours, then drain well. For the falafel, wash the coriander and parsley and pluck the leaves from the
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Salt and pepper

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Place the chickpeas, coriander, parsley, diced onion, garlic, ras el hanout, cumin, salt, sesame paste, lemon juice and zest of ½ lemon, and baking powder in a food processor. Blend the ingredients until creamy but not too fine. You may still see a few chunks.

Preheat the oven to 180 °C CircoTherm®. Shape the falafel mixture into 18 – 20 small balls with your hands or an ice cream scooper. Arrange the falafel on the tray, place in the oven, and cook for 15 – 19 minutes on shelf level 2, until golden brown.

For the yoghurt sauce, mix yoghurt and the juice and zest of ½ lemon. Season with salt and pepper. Wash and drain the lettuce. Also wash the tomatoes, remove the stalk and cut into slices.

Toast the pita or naan bread in a pan on Induction Hob setting 6. Spread thinly with hummus and top with lettuce, tomatoes and onions, as desired.

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Notes

How to use the Air Fry programme with the Home Connect app:

Simply switch the oven on through the Home Connect app and choose your connected appliance. Scroll down to Control settings and select the Air Fry programme in Heating mode. Set the temperature and baking time and start preheating the oven. Receive status updates and notification in the Home Connect app while easily controlling the oven remotely. Save frequently used programmes like Air Fry in your Home Connect Favourites for easy access.

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