

# Baked falafels

These easy, home-made falafels are oven baked so are healthier and don't require time spent slaving over a stove. They also freeze well – keep frozen for up to two weeks.



- Serves : **Makes 15**
- Prep : **5 min**
- Cook : **30-40 min**

- Vegetarian
- Gluten free
- Snacks

## Ingredients

- 2 x 400g tins chickpeas
- 1 handful parsley, stems removed
- 2 tablespoons tahini
- 4 cloves garlic, minced
- 1 large handful coriander, stems removed
- 1 white onion, diced
- 1 egg
- Tahini Yoghurt, to serve (below ingredients)
- ½ cup natural yoghurt
- 1 teaspoon tahini
- 1 teaspoon lemon juice
- Drizzle of olive oil

## Method

- 1.** Preheat oven to 180°C and line a baking tray with baking paper.
- 2.** Drain and rinse the tins of chickpeas, then add into a food processor. Add all remaining ingredients and blitz until all ingredients are combined and the chickpeas are pulp.
- 3.** Using a teaspoon, form small balls of the mixture and place onto the baking tray. Bake in the oven for approximately 30-40 minutes until golden and crisp on the outside but soft on the inside.
- 4.** To make the tahini yoghurt, combine yoghurt, tahini and lemon juice and mix well. Drizzle with olive oil.
- 5.** Serve the falafel with tahini yoghurt and enjoy! Falafel can be eaten on their own hot or cold, accompanied with fresh hummus, added to salads, or added to salad wraps. The possibilities are endless!