

## Baked Falafels

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| <p><b>Equipment:</b></p> <p>Food processor<br/>2 baking trays<br/>2 spatulas<br/>Measuring cups and spoons<br/>Wooden spoon<br/>Large bowl<br/>Tray with absorbent paper<br/>Serving platters<br/>Small serving bowls</p> | <p><b>Ingredients:</b></p> <p>850 g canned chickpeas, drained and rinsed<br/>1/2 cup chopped onion<br/>6 cloves fresh garlic<br/>1 cup fresh parsley<br/>4 tbsp olive oil<br/>4 tsp lemon juice<br/>4 tsp cumin seeds<br/>2 tsp ground coriander<br/>1 and ½ tsp sea salt<br/>½ tsp of cayenne<br/>1 tsp baking soda<br/>6 tbsp oat flour<br/>olive oil</p> |
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### What to do:

1. Preheat oven to 200°C. Paint 2 baking sheets with olive oil. Place these sheets on 2 baking trays.
2. Add onion, garlic, oil, parsley, lemon juice, cumin, coriander, salt and cayenne into a food processor and pulse until just combined. Next add the chickpeas and pulse until **JUST** combined. **You don't want to over-process the mixture or you'll end up with hummus.** Plus, having a few chunks of chickpeas gives the falafel a nice texture. Stir in baking soda and oat flour. At this point your mixture should be holding together quite well.
3. Scoop spoonfuls of mixture out and form into small patties; you should get about 30. Place on prepped baking sheet.
4. Bake 10-12 minutes, flip patties and bake for another 10-12 minutes or until falafels are golden and cooked through.