

## Baked Falafels

<p><b>Equipment:</b></p> <p>Food processor 2 baking trays 2 spatulas Measuring cups and spoons Wooden spoon Large bowl Tray with absorbent paper Serving platters Small serving bowls</p>	<p><b>Ingredients:</b></p> <p>4 cans (220g each) of chickpeas, drained and rinsed 1 cup chopped onion 6 cloves fresh garlic 2 cup fresh parsley ½ cup fresh coriander ½ cup fresh mint ½ cup olive oil ¼ cup lemon juice 2 tbsp cumin seeds 4 tsp ground coriander 2 tsp sea salt 1 tsp of cayenne 2 tsp baking soda 2/3 cup oat flour Olive oil</p>
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### What to do:

1. Preheat oven to 200°C.
2. Add onion, garlic, oil, parsley, mint, fresh coriander, lemon juice, cumin, ground 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 the mixture out and form them into small patties; you should produce about 60. Place on the baking trays. The easiest way to do this is with slightly wet hands.
4. Bake 10-12 minutes, flip patties and bake for another 10-12 minutes or until falafels are golden and cooked through.