



**Baked Falafel ( OP I )**

Serving: 1

Veg

### *Ingredients*

- Chickpeas( kabuli channa) - 100 grms soaked
- 1 big onion, roughly chopped
- 3 cloves garlic, roughly chopped
- 1 tbsp parsley chopped
- 2 tbsp chopped cilantro/coriander
- 1 tsp olive oil
- 1 tablespoons lemon juice
- 2 teaspoons cumin seeds
- 1 teaspoons coriander seed
- Salt to taste
- $\frac{1}{2}$  teaspoons baking powder
- 1 tbsp all-purpose flour, optional for binding

### *Preparation Method*

- **Preheat the oven to 375°F: Brush or rub a baking sheet with a thin layer of olive oil.**
- Add the chickpeas, onion, garlic,  $\frac{1}{4}$  cup parsley, and  $\frac{1}{4}$  cup cilantro to the bowl of a food processor. Sprinkle the olive oil, lemon juice, and spices over top.
- Mix it in the grinder until the chickpeas are chopped and all the ingredients are mixed. Then take it into the bowl .
- Sprinkle the baking powder and flour, if using, over the mixture. Make medium balls from the mixture
- Transfer the falafel balls to the baking sheet and gently press into patties. If the patties break a little as you press them, just pat them back into shape.
- Bake for 7-10 mins minutes, flipping the falafel partway through
- Remove from oven and Serve it