

BETTER THAN RESTAURANT FALAFEL (VEGAN & GLUTEN FREE)

Prep time	Cook time	Total time
10 mins	10 mins	20 mins

Falafel that can rival any restaurant, although it remains vegan, gluten free and pan-cooked, not fried.

Author: Minimalist Baker

Recipe type: Entree

Cuisine: Mediterranean



Ingredients

- 4 cups stemmed and torn collard greens (one bunch), or swiss chard
- 1 15.5 ounce can chickpeas, rinsed and drained
- 3 medium to large cloves garlic, chopped
- 1.5 Tbsp tahini
- 1.5 Tbsp fresh lemon juice
- 1/4 tsp cumin
- sea salt and black pepper
- 3-4 Tbsp oat flour (ground from gluten free oats)
- ~ 4 Tbsp grapeseed or olive oil for cooking

Instructions

1. Add collard greens, chickpeas, garlic, tahini, lemon juice, cumin, and a healthy pinch each salt and pepper to a food processor and mix to combine (see photo).
2. Once well incorporated, transfer to a mixing bowl and stir in oat flour 1 Tbsp at a time until the mixture is thick enough to handle – about 3-4 Tbsp.
3. Taste and adjust seasonings as needed. I added more salt, pepper and lemon juice, and a touch more tahini.
4. Heat a large skillet over medium to medium-high heat and add 2 Tbsp oil at a time. Swirl to coat pan.
5. Add 4 falafel (or however many will fit very comfortably) to the pan at a time.
6. Check at the 1-2 minute mark to ensure they're not browning too quickly. If they are, slightly reduce heat. Flip once deep golden brown – about 3-4 minutes.
7. Cook until the underside is golden brown as well.
8. Serve immediately with hummus and paprika, or inside a pita with garlic sauce or hummus.
9. Will store in the fridge, layered with parchment paper in an airtight container, for several days. Freeze to keep longer.

Nutrition Information

Serving size: 1 falafel Calories: 154 Fat: 7g Carbohydrates: 17g Sugar: 2g Sodium: 50mg
Fiber: 5g Protein: 5g

Recipe by Minimalist Baker at <http://minimalistbaker.com/better-than-restaurant-falafel-vegan-gluten-free/>