

BAKED FALAFEL BURGERS

Prep time	Cook time	Total time
20 mins	40 mins	1 hour

Healthy, 7 Ingredient V GF Falafel Burgers! Simple, flavorful, perfect with pita, greens or atop a salad!

Author: Minimalist Baker

Recipe type: Entree

Cuisine: Vegan, Mediterranean

Serves: 4



Ingredients

FALAFEL

- 1 bundle fresh parsley (~2 cups chopped)
- 3 large cloves garlic
- 1 large lemon (~2 1/2 Tbsp juice)
- scant 1/2 tsp sea salt + black pepper
- 1 1/4 tsp cumin
- 1 15-ounce can chickpeas, well rinsed and drained
- 1/4 - 1/2 cup ground raw walnuts, pecans, almonds or GF oat flour

TOPPINGS / FOR SERVING

- [Garlic Dill sauce](#)
- Chili Garlic Sauce or Sriracha
- [5 minute Hummus](#)
- Tomato, Lettuce, Onion
- Pita or sturdy greens, such as chard or collard greens

Instructions

1. Add parsley, garlic, lemon juice, cumin and a healthy pinch each salt and pepper to a food processor and mix to combine.
2. Add chickpeas and pulse until incorporated but still slightly chunky. You want to maintain a bit of texture.
3. Transfer to a mixing bowl and add nut meal (or oat flour) and mix again until a loose dough is formed that's firm enough to be handled. Taste and adjust seasonings as needed. I added a touch more salt.
4. Draw an "x" in the dough to form 4 sections, then use your hands to form into 4 large patties roughly 1/2-inch thick.
5. Place on a foil-lined baking sheet and refrigerate or freeze for 15 minutes to firm up. Preheat oven to 375 degrees F in the meantime.

6. OPTIONAL STEP: For a little extra crust on the outside, before baking heat a large skillet over medium to medium-high heat and add 2 Tbsp olive or canola oil. Swirl to coat pan, then add falafel. Carefully flip once golden brown – about 3-4 minutes - and then cook on the other side until golden brown as well - 3-4 more minutes. Return to baking sheet to continue baking. Otherwise, just add them straight to the oven for baking.
7. Bake for a total of 30-40 minutes, flipping once at the halfway point for even cooking. The longer you bake them, the firmer they'll get!
8. Serve warm wrapped in a pita or chard bun and desired sauces / toppings. Alternatively, serve atop a salad and use the garlic sauce as a dressing.
9. Burgers will store in the fridge, layered with parchment paper in an airtight container, for several days. Freeze to keep longer.

Notes

* Adapted from my [Better Than Restaurant V GF Falafel](#)

* Nutrition information is a rough estimate for 1 of 4 burgers without toppings.

Nutrition Information

Serving size: 1 burger Calories: 180 Fat: 10g Saturated fat: 0.7g Carbohydrates: 17.2g
Sugar: 0.8g Sodium: 620mg Fiber: 4.6g Protein: 9.4g

Recipe by Minimalist Baker at <http://minimalistbaker.com/baked-falafel-burgers/>