**Falafel**

Prep time: 8 hours Cook time: 25 min

**Ingredients:**

* 1 cup dry chickpeas (soaked overnight)
* ½ onion, chopped
* 2 cloves garlic
* ½ cup parsley or coriander leaves
* 1 tsp cumin
* ½ tsp baking soda
* ¼ tsp chili powder (optional)
* Salt to taste
* 1 tbsp olive oil (for brushing)

**Instructions:**

1. Drain soaked chickpeas. Add to a processor with onion, garlic, herbs, and spices.
2. Pulse until crumbly but cohesive. Add baking soda and mix.
3. Form into small patties or balls.
4. Preheat oven to 200°C. Line a tray with parchment and brush patties with olive oil.
5. Bake for 20–25 min, flipping once, until crisp and golden.

**Serving suggestion:** Pair with whole wheat pita, hummus, or salad.