



FALAFEL

Ingredients

For 2 persons

400g dried chickpeas
160g onion
120g parsley
32g cilantro
2 small green chile
pepper or serrano
6 garlic cloves
2 tsp cumin
2 tsp salt
1 tsp cardamom
1/2 tsp black pepper
4 tbsp chickpea flour
1 tsp baking soda
Avocado or coconut oil

Steps

- 1.** The night before, soak the dried chickpeas in water. Be sure that the water covers the chickpeas, as they'll triple in size.
- 2.** The day after, drain and rinse the chickpeas and add them to your food processor with: onion, parsley, cilantro, black pepper, garlic, cumin, salt and cardamom. Pulse the food processor several times.
- 3.** Transfer the mixture to a bowl and add the baking soda and chickpea flour. Stir together and cover. Refrigerate the mixture for 30 minutes to one hour.
- 4.** Form the falafel into balls or patties, once they are formed, cook them in a warm oven at 200°C. Cover the falafel with a brush of some oil and bake it for 25-30 minutes (turn the patties at half cooking time).