

AIR FRYER FALAFEL



QUICK

Less than 15 mins prep

HEALTHY

Chick Peas are a good vegan source of protein and iron. The vitamin c in the tomatoes in the chopped salad will promote iron absorption.

FAMILY

20-25 falafel

MEALS

Serve with hummus, chopped salad and pickles

INGREDIENTS

- 2 x 400g tins chick peas
- 25g fresh parsley
- 25g fresh coriander
- 2 garlic cloves
- 1 large onion
- 3 tbs flour
- 2 tbs sesame seeds
- 2 tsp ground cumin
- 2 tsp ground coriander
- ¼ tsp mild chilli powder
- 1 tsp salt
- Pepper
- Optional - Belazu smoked harissa

METHOD

- 1) Roughly chop your parsley and coriander and put into a food processor
- 2) Drain your chick peas and add
- 3) Dice your onion and add
- 4) Peel garlic and add
- 5) Add all of the spices – ground cumin, coriander, mild chilli powder and salt
- 6) Add flour and sesame seeds. You may need to add more flour if the mixture feels a little too wet
- 7) Blitz till smooth or smooth-ish if you like a bit of texture
- 8) Turn on your air fryer/oven to 180°C
- 9) Use spoons to turn the mixture into balls
- 10) Place the falafel into your air fryer. Spray with oil and cook for 10 mins
- 11) Carefully **use tongs** to turn them – they may have stuck a bit to the bottom
- 12) Spray again and cook for approx. 7 mins till crispy
- 13) If cooking in the oven – cook at 180°C for 25-30 mins
- 14) Serve in pitta with lots of salad



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com