Healthy Falafel with Pita Bread

Inspiration: Trying to look for a healthier option to burgers.

Ingredients:

(This recipe makes 18 falafel)

1 tsp olive oil

2 small onions, finely chopped

4 garlic cloves, grated

3 tsp ground cumin

2 tsp ground coriander

2 tsp sea salt flakes

30g coriander leaves, roughly chopped

30g flat leaf parsley leaves, roughly chopped

40g plain flour

Freshly ground pepper

Olive oil spray

Pita bread, lettuce, cucumber and tomato to serve. You can also add some halloumi cheese.

Instructions:

1. Preheat the oven to 230C/210C Fan/Gas 8 and line a baking tray with baking parchment.
2. Heat the olive oil in a small frying pan over a medium heat. Add the onions and cook for about 10 minutes or until softened. Remove and leave to cool.
3. Put the onions, chickpeas, garlic, spices, salt, chopped herbs, flour and some pepper in a food processor. Pulse until the mixture is smooth, stopping every so often to scrape down the sides with a spatula. You want to retain some texture but the paste should be able to hold together.
4. Divide the mixture into 18 equal pieces and shape into patties. Place on the baking tray and spray the patties with some oil. Cook on the top shelf of the oven for 20-25 minutes or until golden brown.
5. Lower the oven setting to 200C/180 Fan/Gas 6 and move the tray to the bottom shelf of the oven. Bake for a further 20-25 minutes or until cooked through. Sprinkle with a little salt and serve.

You can serve with pita bread or burger buns, lettuce and cucumber. We like it with halloumi cheese.

You can also fry the falafel in a pan with oil however baked in the oven is a healthier option.



