

Baked Falafel Plate

Assiette de falafels au four

35 min

Medium

420 kcal per serving

Lunch

Dinner

Vegan



Ingredients

FOR ONE SERVING

Chickpeas (<i>Pois chiches</i>)	250 g
Coriander (<i>Coriandre</i>)	20 g
Garlic (<i>Ail</i>)	2 cloves
Cumin (<i>Cumin</i>)	1 tsp
Pita bread (<i>Pain pita</i>)	2
Tahini (<i>Tahini</i>)	3 tbsp
Mixed greens (<i>Mesclun</i>)	40 g

Nutrition facts

PER SERVING

Calories	420
Protein	18 g
Carbohydrates	48 g
Fat	18 g
Fiber	10 g

Preparation

1. Preheat the oven to 200°C and line a baking tray with a little water brushed on the surface or use parchment if you have it.
2. Drain and rinse the chickpeas well, then pat them dry. Roughly chop the coriander and garlic.
3. Mash the chickpeas in a bowl with the coriander, garlic, cumin, a little salt, and pepper until the mixture holds together but still has some texture.
4. Shape the mixture into small falafel patties or balls and place them on the baking tray.
5. Bake for 18 to 22 minutes, turning once halfway through, until the falafel are firm and lightly browned.
6. Warm the pita bread in the oven for the last few minutes, then cut or split them open.

7. Mix the tahini with a little water, salt, and pepper until smooth and spoonable.

8. Serve the baked falafel with the mixed greens, warm pita, and tahini sauce.

GOOD TO KNOW

If the falafel mixture feels too dry to shape, add just a teaspoon of water at a time.