

**Season:** Year Round  
**From the garden:** Lemon, garlic, parsley or coriander, onion  
**Type:** Main  
**Difficulty:** Medium  
**Country of origin:** Middle East  
**Serves:** 15 portions as a taste  
**Source:** Adapted from Mark Bittman's recipe at [www.markbittman.com/recipe/baked-falafel-with-tahini-sauce](http://www.markbittman.com/recipe/baked-falafel-with-tahini-sauce)

---

## Equipment

- Tin opener
- Sieve
- Cooks knife
- Chopping board
- Box grater
- Food processor or stick blender
- Measuring cups and spoons
- Large baking tray
- Pastry brush
- Serving platter

## Ingredients

- 1 1/2 cups cooked chickpeas or 1 400 gram tin cooked chickpeas
  - 2 garlic cloves
  - 1 small onion
  - ½ lemon
  - 1 tablespoon cumin
  - Big pinch of cayenne pepper
  - 1 cup fresh parsley or coriander leaves
  - 1½ teaspoons salt, plus more to taste
  - fresh ground black pepper
  - ½ teaspoon baking soda
  - 2 tablespoons oil
- 

## How to make it

1. Heat the oven to 200 degrees Celsius
2. If using tinned chickpeas, open the tin and empty into a sieve placed over a bowl or sink to drain. Rinse well under cold water. Peel and chop the garlic, peel the onion, and cut into 4 pieces (quarters).
3. Zest the lemon (grate the yellow part of the skin only with the smallest size on the grater)
4. Put the chickpeas into the food processor with the garlic, onion, cumin, cayenne, parsley (or coriander), ½ teaspoon of salt, pepper, baking soda, and lemon zest.
5. Pulse until everything is minced but not pureed, stopping the machine to scrape down the sides if required. Add some water tablespoon by tablespoon if needed, to bring the mixture together when you squeeze it, but keep the mixture as dry as possible.
6. Taste and adjust the seasoning, adding more salt, pepper, or cayenne as needed.
7. Coat a large baking tray with 1 tablespoon of oil. Roll the bean mixture into approximately 30 balls, about 2cm each, then slightly flatten them into thick patties.
8. Put the patties (falafel) on the prepared pan and brush the tops with a little oil. Bake until golden all over, about 8-10 minutes on each side.
9. Ask an adult to help you remove from oven (**caution:** hot!). Place falafel balls on a serving platter.

### Notes:

Mini falafel are great served with Greek yoghurt or why not try with our Beetroot Yoghurt Dip recipe.

The flavour of freshly cooked dried peas and beans will always be much better than the flavour of canned ones. They are very easy to cook but require some forward planning. Soak the chickpeas or beans overnight in plenty of cold water. Drain this water off and put the chickpeas in a saucepan. Cover with fresh cold water and bring to the boil. *Do not salt the water as the peas will not cook properly.* Simmer until tender – test by tasting or by crushing a chickpea against the side of the pot. They should be very soft and squishy. Drain and use as per the recipe. 1 cup of dried chickpeas will yield 3 cups of cooked. Cooked chickpeas freeze well

### Skills:

🍴 Chopping, blending, **mincing\***, baking, zesting

\* Mincing - to cut into very small pieces, smaller than chopped or diced pieces.