Crispy & Flavorful Falafels

Description

This authentic vegan falafel recipe delivers crispy, golden bites of deliciousness! Packed with protein-rich chickpeas, fresh herbs, and bold spices, these falafels are perfect for stuffing into pita, tossing on salads, or enjoying as a snack with tahini sauce.

Ingredients:

- 1 ½ cups dried chickpeas (do not use canned)
- ½ cup fresh parsley, chopped
- ½ cup fresh cilantro, chopped
- ½ small red onion, chopped
- 4 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander

- ½ teaspoon ground black pepper
- 1 teaspoon salt
- ½ teaspoon baking soda
- 2 tablespoons chickpea flour (or all-purpose flour)
- 1 tablespoon lemon juice
- 2 tablespoons sesame seeds (optional, for texture)
- 4 tablespoons water (if needed)
- Oil for frying (such as avocado or vegetable oil)

Instructions:

1. **Soak the Chickpeas:** Place dried chickpeas in a large bowl and cover with plenty of water. Soak for at least 12 hours or overnight. Drain and rinse.
2. **Blend the Mixture:** In a food processor, combine soaked chickpeas, parsley, cilantro, onion, garlic, cumin, coriander, black pepper, salt, baking soda, chickpea flour, lemon juice, and sesame seeds. Pulse until a coarse, grainy mixture forms. Scrape down the sides as needed.
3. **Adjust Consistency:** If the mixture is too dry, add 1 tablespoon of water at a time until it holds together when pressed.
4. **Chill the Mixture:** Transfer to a bowl, cover, and refrigerate for at least 30 minutes. This helps with binding.
5. **Shape the Falafel:** Scoop small portions (about 1 ½ tablespoons each) and form into round balls or slightly flattened patties.
6. **Fry the Falafel:** Heat oil in a deep pan over medium heat. Fry falafels in batches for 3-4 minutes per side until golden brown and crispy. Remove and drain on a paper towel.
7. **Serve:** Enjoy warm with pita, hummus, or tahini sauce!