



Air Fryer Falafels

Serves 4

Ingredients:

- 1 tin chickpeas
- 1tbsp of baking powder
- 1 onion, roughly chopped
- 4 garlic cloves
- 1tbsp coriander
- 1tbsp parsley
- 1tsp dill
- ¼ tsp cinnamon
- ¼ tsp ground cloves
- 1tsp hot paprika
- 1tsp black pepper
- 2tbsp sesame seeds
- oil spray

Method:

1. Place drained chickpeas in a food processor
2. Add in the onion, garlic, coriander, parsley, dill, cinnamon, black pepper, paprika, 1 levelled teaspoon of baking powder and cloves
3. Pulse until the mixture is finely chopped and blended, scraping down the sides of the processor if needed
4. Mix in the sesame seeds and refrigerate for an hour
5. Using oiled hands, shape the mixture into 16 patties
6. Air fry the falafels at 180°C for 8 minutes
7. Flip and fry for another 6 minutes on the second side

