Baked falafel

These baked falafel are crispy, herby, and full of flavour. Made with chickpeas and spices, they're a high-fibre, plant-based protein option.

Makes: 4 portions

Ingredients

- 400g tinned chickpeas in water, rinsed and drained
- 1 small onion, peeled
- 1 clove garlic, peeled
- Wholemeal breadcrumbs (from 1 slice of bread)
- 1 teaspoons ground cumin
- 1 teaspoons ground coriander
- 2 tablespoons chopped fresh parsley
- 1 tablespoon olive oil

Equipment

- Food processor (or hand blender, potato masher)
- Knife & chopping board
- Mixing bowl
- Baking tray
- Spatula or tongs

Method

1. Chop the onion and garlic as finely as possible and mash the chickpeas with a fork or potato masher and combine with the onion and garlic.
2. Add the chickpeas, breadcrumbs, cumin, coriander, parsley and olive oil, and mix for a bit longer.
3. Shape into 16 balls and place on a greased or lined baking tray. Chill for 30 minutes.
4. Place tray into a preheated 200C oven (180C fan, gas mark 6) and bake for about 25 minutes, turning the falafel to prevent sticking.