MIDDLE EASTERN · LUNCH · DINNER

Baked Falafel

95 min · Serves 8 · 254 kcal a serve · Video 9:16 · The Mediterranean Dish

Vegan · Gluten-free ingredients · No nuts listed

Baking instead of deep-frying keeps the oil to a brushing, and each serve of three patties gives about 12 g of plant protein and 10 g of fibre plus lots of folate, with fresh herbs adding vitamin K.

Diet notes: Low saturated fat (1 g, 4% of the energy).

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Ingredients 15 · SERVES 8

- [ ] 2 cups **dried chickpeas**, soaked overnight with ½ tsp baking soda (not canned)
- [ ] 1 cup **parsley leaves**
- [ ] ¾ cup **cilantro leaves**
- [ ] ½ cup **fresh dill**
- [ ] 1 small **yellow onion**, quartered
- [ ] 7–8 **garlic** cloves, peeled
- [ ] 1 tbsp **black pepper**
- [ ] 1 tbsp **ground cumin**
- [ ] 1 tbsp **ground coriander**
- [ ] 1 tsp **cayenne** (optional)
- [ ] a big pinch of **kosher salt** (about 1 tsp)
- [ ] 1 tsp **baking powder**
- [ ] 1 tsp **chickpea flour**, for binding
- [ ] 2 tbsp **toasted sesame seeds** (optional)
- [ ] about 2 tbsp extra **virgin olive oil**, for the tray and brushing

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. The day before, soak the dried chickpeas (about 18 hours) in plenty of water with the baking soda. Drain and dry well; a chickpea should split easily when pressed. 0:14
2. Pulse the chickpeas in a food processor with the parsley, cilantro, dill, onion, garlic, salt, pepper, coriander, cumin and cayenne, in stages, until finely ground and cohesive but not a smooth paste. 1:56
3. Transfer to a bowl, mix in the chickpea flour and baking powder, cover and chill for 1 hour. 5:18
4. Stir in the sesame seeds if using. Heat the oven to 350°F and lightly oil a large baking tray. 6:08
5. Shape about 2-tablespoon portions into loose patties without packing them hard, set on the tray and brush the tops with olive oil. 6:33
6. Bake about 8–10 minutes until the undersides are golden, flip, brush with a little more oil and bake 7–12 minutes more until browned. Serve in pita or with salad and tahini. 7:42

> **Tip** Start a day ahead: the time shown does not include the overnight soak. Freeze uncooked patties on a tray, then bag them; bake straight from frozen. Canned chickpeas will fall apart, so use soaked dried ones.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
254 kcal	12 g	36 g	10 g	8.1 g	630 mg
1,060 kJ	23% of a day	26 g net · 6.2 g sugars	37% of a day	1 g saturated	28% of a day
		13% of a day		10% of a day	

Energy from net carbs 47% · protein 21% · fat 32%

High in (20%+ of a day) Folate 52% · Vitamin K 36% · Iron 27%

Source of (10–19%) Zinc 19% · Magnesium 18% · Vitamin B6 15% · Selenium 11% · Potassium 10%

Recipe and video: The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=QrXa1mlEgSc, published 22 September 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tmd-baked-falafel