



oven falafels

Ingredients for 4 - 6 persons:

500g cooked chickpeas (or 200g dried chickpeas)
 1 onion
 4 garlic cloves
 ½ parsley bunch
 ½ coriander or mint bunch
 1 tsp cumin
 ¼ tsp caraway
 1.5 tbsp PDO huile d'olive de Provence – olives mûrées (matured olives)
 The juice of 1/2 lemon
 1/2 tsp chilli (cayenne or mild, depending on taste)
 Sesame seeds (optional)
 Salt, pepper

Light yoghurt and olive sauce:

225g Greek yoghurt
 2 tbsp chopped parsley
 1 chopped garlic clove
 1 tsp cumin
 1 tbsp PDO huile d'olive de Provence – olives mûrées (matured olives)
 The juice of 1/2 lemon
 50g French olives (green or black)

If dried chickpeas are being used, soak them for 12h in a large amount of water.

Drain them well. Mash them with a fork (to keep some chew), add the lemon juice, chilli and olive oil. Peel the onion and garlic cloves. Chop the onion very finely, crush the garlic and add them to the preparation.

Chisel finely the parsley and the coriander, add them to the mixture. Mix well so as to obtain a paste that binds easily. If the paste is runny, add some flour; if it is too thick, add some chickpeas cooking juice.

Take some small portions of the paste and shape them into balls, rolling them in the sesame seeds for a crunchy side (optional). Place them on a tray lined with baking paper. Bake the falafels for 25 minutes (oven pre-heated to 180°C). Flip them during the cooking time for them to be golden brown on each side.

In the meantime, pit the olives and chop them. Make the sauce by mixing all the ingredients. Add salt and pepper to taste. Set aside in the fridge until ready to serve.

Enjoy them right out of the oven.



Preparation: 20 mins

Cooking: 25 mins

Resting time: 12H (if dried chickpeas are being used)