

Falafel with Tahini Sauce and Israeli Salad

Makes 6 wraps (or 24 balls)

Falafel Ingredients

- 2 cups dried chickpeas soaked overnight in water for at least 20 hours (canned chickpeas are way too wet and will not work to make a falafel ball)
- 1 cup onion, roughly chopped
- 2 cups flat-leaf parsley, roughly chopped
- 2 cups cilantro, roughly chopped
- ½ jalapeno pepper, seeded (if desired)
- 5 cloves garlic
- 2 teaspoons cumin
- 2 teaspoons Kosher salt
- ½ teaspoon freshly ground pepper
- 2 tablespoons chickpea flour (or all-purpose flour)
- 1 teaspoon baking soda
- Olive oil or avocado oil (for the pan and the outside of the falafel balls)

Tahini Sauce

- 2 cloves garlic, minced
- ½ teaspoon kosher salt
- Couple pinches of cayenne pepper or Aleppo pepper
- ¾ cup tahini paste
- ½ cup freshly squeezed lemon juice
- ¼ cup water
- ¼ cup fresh flat-leaf parsley, minced

Israeli Salad

- 1 English cucumber, seeded, finely diced
- 2 large tomatoes, finely diced
- ½ cup red onion, finely chopped
- 1 yellow bell pepper, finely diced
- Juice of ½ a lemon to start with (adding more if your taste preference desires it)
- ¼ cup olive oil
- 1 cup fresh herbs, finely chopped (parsley, cilantro, or mint) *or a mix of all three

To build a wrap...

- 6 flatbread loaves



Steps

1. Make sure you soak the chickpeas the night (about 20–24 hours) before you plan on making the falafel. Cover the beans with 3 inches of water. They should triple in size.
2. Drain and rinse the chickpeas and add them to the food processor bowl along with the onion, parsley, cilantro, jalapeno, garlic, salt, pepper, and cumin. Pulse the mixture until it resembles wet sand.
3. Transfer the mixture to a large bowl and add the chickpea flour and baking soda. Stir together. Cover bowl and refrigerate for an hour.
4. While the falafel mixture sets, make the tahini sauce. In the bowl of a food processor, puree the garlic, salt, cayenne or Aleppo pepper, tahini paste, lemon juice and water together. Remove from the food processor to a small bowl and stir in the parsley. Taste for seasoning. Refrigerate until ready to use.
5. Preheat oven to 375°F. Prepare a baking sheet pan by generously brushing/spraying with avocado or olive oil. Take falafel mixture out of the fridge. Using your hands or a small ice cream/cookie scooper, portion out even balls placing them onto the prepared pan. **(If mixture is too wet, add another 1–2 tablespoons of chickpea flour. Alternatively, if mixture is too dry add a couple teaspoons of water).* You should get between 15–18. Now brush or spray the tops of each falafel ball with oil, again being generous and bake for 20 minutes or until the outside is dark brown and slightly crunchy.
6. While falafel bakes, make the Israeli salad by combining the cucumber, tomatoes, onion, bell pepper, lemon juice, olive oil, fresh herbs, salt and pepper in a medium-size bowl. Taste for seasoning.
7. To serve, place warm falafel balls in the pita/flatbread. Top with tahini sauce and Israeli salad.