

# Baked Falafels

GREEN ACT/SA / EVERYDAY NSW



Makes 40 falafels

## Ingredients:

- 5 medium carrots, grated
- 5 small grated zucchinis
- 5 x 420g tin chickpeas, well rinsed and drained
- 1 ¼ cup chopped parsley
- 1 tablespoons oregano
- 1 medium red onion, chopped
- 1 tablespoon ground cumin
- 1 ¼ cup wholemeal self-raising flour

## Method:

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper.
3. Strain grated carrot and zucchini to remove excess liquid.
4. In a food processor, combine the carrot, zucchini, chickpeas, parsley, oregano and onion until smooth.
5. Transfer the mixture into a bowl. Add remaining ingredients and mix until well combined.
6. Measure out a heaped tablespoon and shape your falafel into 40 even-sized balls.
7. Place falafel onto prepared baking sheet and flatten slightly with a fork.
8. Bake for 20-25 minutes or until golden brown.
9. Remove from oven and leave to cool for 5 minutes before serving. Serve 1 as a snack, or 2-3 with a meal.

## Variations:

- Substitute the chickpeas with other beans or legumes.
- This recipe can be used in meals such as:
  - Falafel burgers
  - On a wholegrain wrap or in a pita sandwich
  - Salads

## Tips:

- To save time – after draining the carrots and zucchinis, you could use the food processor to chop the onions, carrots and zucchinis before adding in the chickpeas, parsley and oregano.
- Use a small ice-cream scoop to ensure your falafels are the same size each time

**Nutrition information:**

	<b>Per serve (43g)</b>	<b>Per 100g</b>
<b>Energy (kJ)</b>	175	407
<b>Protein (g)</b>	2.1	4.8
<b>Fat – total (g)</b>	0.62	1.5
<b>Saturated (g)</b>	0.07	0.16
<b>Carbohydrates – total (g)</b>	6.2	14.3
<b>Sugar (g)</b>	0.87	2.0
<b>Sodium (mg)</b>	87	202
<b>Fibre (g)</b>	1.7	3.6