

Air Fryer Falafel

Organisation and skill: ★★ ★

Cost: £ £ £

Equipment:   

Ingredients

Allergens in **bold**

- 1 tin of chickpeas (400g), drained and rinsed
- 4 spring onions, finely chopped
- A handful of fresh parsley, finely chopped
- 2 tablespoons of **plain flour** or gram flour
- 1 teaspoon of ground cumin
- 1 teaspoon of ground coriander
- ½ teaspoon of garlic granules or 1 garlic clove (finely chopped)
- 2 tablespoons of olive oil or vegetable oil

Equipment

- Chopping board
- Sharp knife
- Large bowl
- Tin opener (if using chickpeas without a ring-pull)
- Potato masher (or a fork)
- Colander
- Air fryer

How to make them

- ① Drain and rinse the chickpeas, then place in a large bowl
- ② Add the spring onion and parsley to the bowl and use a masher or a fork to break down the chickpeas to a soft consistency
- ③ Add the spices, garlic and flour, and mix together. The consistency should be stiff. If it's soft add more flour, if too dry add a dash of water
- ④ Using your hands, shape the mixture into 6-8 balls and coat them with a little oil.
- ⑤ Cook in the air fryer at 180°C for 15 minutes.
- ⑥ Serve in a pitta or flat bread with salad and chilli sauce



Recipe hints and tips

- Experiment with flavours in your pita or flatbread! Try adding ingredients like pomegranate, tzatziki and coriander
- These falafel make great lunchbox additions as a little snack or for a wrap filling!