

Air Fried Falafel

1 + ½ cup **dried chickpeas (raw)**, soaked overnight (not canned chickpeas)

- ☐ 1 small onion, roughly chopped
- ☐ 3 cloves garlic
- ☐ ½ cup fresh parsley, chopped
- ☐ ½ cup fresh cilantro, chopped
- ☐ ½ cup fresh dill, chopped
- ☐ 2 teaspoons cumin
- ☐ 1 teaspoon cardamom (or Italian seasoning)
- ☐ 1 teaspoon salt
- ☐ ½ teaspoon ground black pepper
- ☐ 1 tablespoon all-purpose flour (optional)
- ☐ 1 teaspoon baking soda
- ☐ 3-4 cups vegetable oil (for frying)
- ☐ ½ cup tahini sauce (for serving)

1. Fill a large **mixing bowl** with water and add the dried chickpeas. Soak them overnight (8-10 hours or longer). Make sure all the chickpeas are completely submerged in water the whole time.
2. Drain the chickpeas in a **colander** and transfer into a **food processor**.
3. Add onions, garlic, parsley, cilantro, dill, cumin, cardamom, salt, and pepper. Pulse on an off for about 1 minute until a fine consistency is achieved.
4. Transfer the falafel mixture into a large **mixing bowl** and stir in flour (optional) and baking soda until evenly combined. If the mixture is too wet, then adding flour will help keep the falafel from falling apart when being fried.



5. Cover the bowl with **plastic cling wrap** and refrigerate for at least 30 minutes. This helps the mixture soak in all the flavor.
6. Apply some water to your hands to prevent sticking and use your hands to shape the falafel into 1-inch balls (like meatballs). Alternatively, you can use an **ice cream scoop** to form into even rounds.
7. Add oil into a cooking pot at least 2-inches deep. Heat over medium-high heat for 3-4 minutes until the oil is sizzling hot and shimmering.
8. Deep fry the falafel in batches (about 4-5 pieces each time) until golden brown, about 2-3 minutes. Turn the falafel occasionally to get an even golden crust on all sides.
9. Transfer the falafel to a paper towel lined plate to drain excess oil and let cool for 5 minutes before serving. Serve with **tahini sauce** and a sprinkle of chopped parsley on top.