

Easy Falafel

Instructions

1. Chop the onion, garlic, cilantro, and parsley and add them to a food processor. Pulse until just blended.
2. Add the rest of the ingredients to the food processor except the lemon, and blend until a paste forms. Squeeze the juice from half of a lemon into the mixture and blend again. You may need to periodically stop and scrape the sides of the food processor to incorporate all of the ingredients.
3. Chill this mixture in the refrigerator for 1 hour.
4. Add oil to a saucepan over medium heat. While the oil is warming up, take a scoop of the chickpea mixture and form it into a disc or patty. Set aside on a plate until multiple patties can be cooked at once. Place the patties in the saucepan with enough distance from each other so they don't touch.
5. Cook the falafels for 3-4 minutes on each side. Enjoy!

Ingredients

- 1 small onion
- 1 bulb of garlic
- ¼ cup of cilantro
- ½ cup of parsley
- 1 can of chickpeas
- 2 tbsp of flour
- 1 tsp of cumin
- 2 tsp of coriander
- 2-3 tbsp of grapeseed oil
- Salt
- Pepper
- ½ of a lemon

Grocery List

Produce

- Onion
- Garlic
- Cilantro
- Parsley
- Lemon

Canned Goods

- Chickpeas

Pantry

- Flour
- Cumin
- Coriander
- Grapeseed oil
- Salt
- Pepper