

BAKED LENTIL FALAFELS



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
189 kcal
6g Fats
26g Carbs
10g Protein



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WHAT YOU NEED

- 2 cups (400g) lentils, cooked
 - 1 cup (60g) fresh parsley
 - 2 cloves garlic
 - juice of 1 lemon
 - 2 tbsp. all-purpose flour
- * 1 ½ tbsp. olive oil
* 1 tsp. salt

WHAT YOU NEED TO DO

Preheat the oven to 350°F (180°C). Pulse all the ingredients (except the flour) in a food processor until well combined. The mixture should look like semi-dry crumbs and should hold together when pressed.

Stir in the flour, and then form the mixture into patties, using a large tablespoon of mixture for each falafel. Place on a baking sheet and bake in the oven for 18-20 minutes.

Serve warm or cold in salads, sandwiches, poke bowls, with dips. The falafels can be stored in the refrigerator for 2-3 days.