

# Falafels

## Ingredients

- 1 tin of chickpeas
- 1/2 an onion
- 1 cup fresh parsley
- 2 tsp garlic
- 1 tsp cumin
- 1 tsp cardamom
- 1/2 tsp pepper

## Method

1. Drain and rinse chickpeas, then add to blender with chopped onion, parsley, and spices.
2. Blend until the mixture resembles sand.
3. Form into balls or patties and place in a single layer on a tray.
4. Bake for 15 minutes (or 20 if from frozen) at 180C / 350F, and then flip and bake another 15 minutes.

## Notes

To meal prep, freeze the falafels in their single layer on the tray before adding them to a freezer bag.

Makes 8-10 falafels.

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