THE LIGHTER PLATE METHOD

Crispy Baked Falafel with Tahini Yoghurt

Baked rather than fried, with a genuinely crisp outside from a hot tray and a light coating of oil.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**25 min**	**40 min**	**4**	**EASY**

Ingredients

- 1 x 400g tin chickpeas (drained well)
- 2 tbsp tahini
- 2 cloves garlic
- 1 handful fresh parsley
- 1 tsp ground cumin
- 150 g natural yoghurt (for the sauce)

Method

1. Preheat the oven to 200°C (fan 180°C) with a baking tray inside to heat up.
2. Blitz the chickpeas, 1 tbsp tahini, garlic, parsley and cumin in a food processor until combined but not completely smooth.
3. Shape into 12 small patties. Carefully place on the hot, oiled tray and bake for 22–25 minutes, turning halfway, until golden and crisp.
4. Mix the remaining tahini with the yoghurt and a squeeze of lemon to serve alongside.

Tips & swaps

- Serve in a wrap with salad for a more substantial lunch.
- Swap tahini for extra virgin olive oil if you don't have any to hand.

Storage & reheating

Keeps in the fridge for 3 days. Reheat in the oven for a few minutes to re-crisp — the microwave will make them soft.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
195	**8g**	**18g**	**10g**	**6g**

Estimated values, for guidance only. Contains: Sesame, Milk.