

**BAKED GREEN PEA &  
CHICKPEA FALAFELS**



# BAKED GREEN PEA & CHICKPEA FALAFELS



**YIELD**  
18 small  
falafels



**TIME**  
40 min



**GF**



**NF**



**SF**

## INGREDIENTS

2 cups (400 g) cooked chickpeas  
 1 cup (150 g) frozen peas  
 2 cloves garlic  
 1 stalk green onion, coarsely  
 chopped  
 ¼ cup (15 g) fresh parsley  
 ¼ cup (10 g) fresh mint (optional)  
 2 Tbsp (30 mL) lemon juice  
 2 Tbsp (30 mL) tahini  
 2 Tbsp (8 g) plain all-purpose flour,  
 plus a little for dusting (or sub  
 GF flour if desired)  
 2 Tbsp (14 g) ground flax seeds  
 2 tsp (4 g) ground cumin  
 2 tsp (10 g) whole coriander seeds  
 ¼ tsp cayenne

1 Tbsp (15 mL) vegetable oil, for  
 coating

## DIRECTIONS

1. Preheat the oven to 390°F (200°C).
2. Drain and rinse the chickpeas, and dry well using a kitchen cloth.
3. Rinse the frozen peas with warm water until defrosted. Then using your hands, squeeze as much liquid out of the peas as possible. **Note:** with this recipe, you want to limit the amount of moisture in making the falafel patties. Otherwise, the final mixture might be too wet to form.
4. Add all the ingredients to a food processor and blend on high until smooth.
5. Let the blended mixture sit for 5 - 10 minutes to become more firm. Then, using your hands, create small little patties out of the falafels. The mixture is a wet one, so coat your hands with a bit of flour to keep the mixture from sticking to your hands. A slightly moist mixture makes for better falafels as baking them dries them out a fair bit. **Note:** if you find the mixture is too wet to form patties, add 1 Tbsp more flour, ground flaxseeds, or breadcrumbs, and let it sit again for a few minutes.
6. Once the patties are formed, dust both sides with flour, and brush a generous amount of oil on both sides of the patty, and place on a parchment lined baking tray. Then bake in the preheated oven until golden, about 30 minutes, giving the patties a flip once halfway.
7. Enjoy the patties in a falafel wrap with some hummus and tzatziki, on nourish bowls, or on salads.

## NOTES

- **Storage:** store in an air-tight container in the fridge for up to 2 days if unbaked, and for up to 4 days if baked.