

# FALAFEL

## Salad Bowl



### INGREDIENTS:

#### FALAFEL

1 cup chickpeas, rinsed & patted dry  
1 tsp cumin seeds  
2 Tbsp chickpea flour  
2 Tbsp cilantro, finely chopped  
1/2 white onion, finely chopped  
1 tsp parsley  
1/2 tsp coriander  
1 pinch cayenne pepper  
1 garlic clove, minced  
5 Tbsp extra virgin olive oil  
sea salt & black pepper to taste

#### OPTIONAL SALAD ADD-INS

leafy greens  
shredded beet  
shredded carrot  
diced cucumber  
diced tomato  
peas  
corn  
quinoa  
sesame seeds  
[dressing, your choice](#)

### DIRECTIONS:

1. Preheat oven to 350F degrees and line a baking pan with parchment paper.
2. Place all falafel ingredients into a blender and process until smooth. Add more flour or oil if needed.
3. Form the mixture into bowls and arrange them on the baking pan. Bake for 25 minutes or until golden brown.
4. Meanwhile prepare the other desired ingredients you'd like in your salad bowl.
5. Layering as much leafy greens on bottom, then some veggies, quinoa or beans for extra protein and sesame seeds on top.
6. Once the falafels are finished, allow them to cool for 10 minutes then add them into your salad bowl.
7. Drizzle with your favorite dressing and enjoy!

**SERVES: 2**

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