

Miele

Falafel with yoghurt dip

By Miele

20 minutes, plus soaking time

Preparation time

18 minutes

Cooking time

4

Serves



INGREDIENTS

Falafel

2 litres water
250 g dried chickpeas
2 tbsp finely chopped parsley
2 brown onions, finely chopped
2 garlic cloves, finely chopped
2 tbsp lemon juice
1 tbsp olive oil
50 g tahini
1 tsp ground coriander
1 tsp dried oregano
½ tsp ras el hanout
1 tsp ground cumin
1½ tsp salt flakes
1 pinch pepper
1 pinch ground chilli
60 g plain flour
1 tsp baking powder

Yoghurt dip

500 g yoghurt
100 g cream cheese
1 tbsp tahini
2 tbsp lemon juice
2 tbsp finely chopped parsley
Pinch salt flakes
Pinch pepper

Miele accessories

Perforated baking tray

METHOD

Falafel

1. Soak the chickpeas in water for at least 12 hours.
2. Drain the chickpeas in a sieve.
3. Place the parsley, onions, garlic, lemon juice, oil, tahini and spices in a food processor. Gradually add the chickpeas. Stir the mixture in between adding the chickpeas.
4. Put the mixture in a bowl. Mix the flour and baking powder and knead into the mixture. Shape the mixture into 24 balls. Flatten the balls slightly in your hands and place them on the perforated baking tray.
5. Place the tray on shelf level 2 and bake on Fan Plus at 200°C with the Crisp function activated for 18 minutes, or until golden brown.
6. Serve with the yoghurt dip.

Yoghurt dip

1. Mix together all of the ingredients and place in the fridge until required.

Additional appliance method

Oven with AirFry.

- Miele's new AirFry function (available in selected ovens) combined with the perforated baking and AirFry tray creates crispier results compared to using the regular Fan Plus setting.
- The falafels can be cooked using the same method as above but using the AirFry function. Cooking times may be reduced.