HEALTHY TIPS

Doesn’t Get any Tastier: Flavor-Rich Pistachio & Chickpea Falafel Recipe

By bestfolkmedicine · 27/02/2020 · 2 min read



This pistachio and chickpea falafel is a delicious twist on a classic that boasts a pretty amazing nuttiness thanks to the use of pistachios.

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It’s easy to make and ideal for vegans, but for anyone else who likes to eat healthy and tasty food too.

It’s so great that you can mix it up with so many different foods and toppings.

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The 'trick' to making this falafel tasty is to use previously soaked and dried chickpeas rather than tinned. The reduced moisture will ensure the falafel is lighter, yet firmer.

The chilling time is essential- don't skip it so that all the flavors can combine and don't break apart the falafel while it's cooking.

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Being baked rather than fried, this option is much healthier!

The end result will be a crunchy, nutty, and fluffy falafel that you'll have a hard time resisting.

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Come on; let's check out the recipe together:

Pistachio & Chickpea Falafel Recipe

You'll need the following ingredients:

A can of chickpeas

2 tbsp of pistachio

Juice from 1 lemon

4 cloves of garlic, chopped

1 Onion, chopped

A handful of parsley, fresh

4 tbsp of olive oil

Preparation:

Preheat the oven and then line a baking tray with parchment paper. In a food processor, put all of the ingredients and blend to get a chunky paste.

Then, using a spoon, take some of the mixture and roll it into a medium-sized ball using the hands.

Arrange the balls on the parchment paper and press them down a bit gently.

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Once you’re out of the mixture, put the tray in the preheated oven. Bake them for half an hour or until they turn golden brown.

When they’re ready, leave them aside to cool down a bit before you serve and eat them.

How to Eat Falafel?

Falafel is usually served with pitta bread, tahini, tomatoes, lettuce, cucumber, pickles, humus, and red cabbage.

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Will you prepare it? Do you like the recipe? Don’t forget to share your thoughts with us in the comment section!

Sources:

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