

# Quick falafel



**For approx. 20 pieces:**

300 g cooked chickpeas  
1 onion, finely chopped  
4 garlic cloves, crushed  
3 tablespoons flour  
1 teaspoon cumin powder  
1 teaspoon coriander powder  
a pinch of cardamom powder  
chilli powder, to taste  
parsley, finely chopped  
salt and pepper, to taste

Put all the ingredients in a food processor and process until a paste is obtained (don't overprocess).

Form little balls with wet hands to prevent sticking.

Fry in hot oil or bake in the oven until golden brown.

Serve with salad, pickles and [pita bread](#) and/or [tahini sauce](#).

*Note:* fry first one piece, if it won't hold together, add more flour to the mixture and try again.



Falafel