

Falafel Lunch Platters

Sources:

<https://www.twopeasandtheirpod.com/tzatziki-sauce/> (modified)

<https://www.serious-eats.com/recipes/2013/04/king-of-falafel-shawarmas-falafel-from-new-yo.html>
(modified)

Falafel:

2 15oz cans chickpeas **OR**

1 cup dried chickpeas, soaked overnight

1-2 large shallots, coarsely diced

1 clove garlic, peeled

3-4 springs of fresh parsley and/or cilantro, loosely chopped

(2 tbsp water IF USING DRIED CHICKPEAS)

1 tsp salt

1 tsp baking soda

1 tsp ground cumin

1 tsp ground coriander

1 tsp turmeric

1 tsp paprika

1/2 tsp cardamom

1/2 tsp nutmeg

1/2 tsp chili powder

(6-8 tbsp flour IF USING CANNED CHICKPEAS)

If using canned chickpeas: Drain and dry beans as best as possible. If using dried chickpeas: cover generously with water and allow to soak overnight.

Combine shallots, garlic, and parsley/cilantro in bowl of food processor and pulse until all ingredients are finely minced. Add chickpeas and spices, as well as flour or water depending on the type of chickpeas used. Pulse food processor until chickpeas are coarsely ground, but not fully pureed.

Roll heaping tablespoons of dough into rough balls, and place in basket of air fryer. Cook at 375 degrees for 15 minutes.

While falafel is cooking, prep the other elements of the meal platters:

Tzatziki Sauce

1 medium English cucumber, peeled
2 cups plain yogurt
1-2 tsp minced garlic, peeled and finely minced or pressed
1-2 tablespoons fresh lemon juice, to taste
1 tbsp olive oil
1 tsp dried dill
1/2 teaspoon salt
1/4 teaspoon black pepper

Using the large holes of a box grater, grate cucumber into a strainer over the sink. Press cucumber in strainer to get as much liquid out as possible, then empty strainer into a paper towel and squeeze with your hands to dry as best you can.

Combine all ingredients in a bowl and mix well.

Lunch Platters

1 large cucumber
2 medium tomatoes
1/2 head lettuce (approximately)

Slice one large cucumber and two medium tomatoes. Portion cucumbers, tomatoes, and lettuce leaves evenly between 6 platters. Distribute sauce and falafel evenly between platters, in separate compartments. Keeps for approximately 1 week.

Revision #2

Created 4 February 2021 01:32:29 by TehFishey

Updated 26 November 2024 20:22:48 by TehFishey