



Baked Falafel Quiche

You can't go wrong with falafel! Traditionally, it is fried but here's a modern twist to the authentic falafel recipe, a healthier option. The presentation of this dish is delightful, golden brown and so pretty for any occasion.

Ingredients

- 250 grams dry chickpeas (soaked 8-12 hours)
- ½ white onion
- 4 garlic cloves
- 1 bunch coriander (70 grams)
- ½ bunch mint (40 grams)
- ¼ bunch parsley (35 grams)
- 1 baby potato cut into ¼'s
- ½ tablespoon coriander ground
- ½ teaspoon cumin
- ¼ teaspoon Bharat/Allspice
- ¼ teaspoon paprika sweet
- Pinch chili powder
- Salt to season
- 1 teaspoon baking powder
- 2 tablespoons soda water (room temperature)
- 4 tablespoons olive oil

Tahini Sauce

- 2 garlic cloves crushed
- ½ cup tahini hulled
- ½ cup cold water (it may be less or more - see Cook's note)
- 3-4 tablespoons lemon juice
- Salt to season

Cook's Notes

*Keep in mind that the quality of tahini can vary with different brands so best to add the water gradually.

*The golden rule is to soak the chickpeas for at least 8 hours. Once soaked the chickpeas will expand in size, so make sure they are covered well with water.

Makes 8 slices



Step 1

Cover and soak the dried chickpeas overnight or for at least 8-12 hours with plenty of water. Then drain and rinse.

Tahini Sauce - Place Tahini, lemon juice, crushed garlic into a bowl. Whisk adding 1 tablespoon of water at a time until creamy and smooth. The Consistency should be creamy and pourable similar to thickened cream before whipping. You may add more or less water than what's specified above. Season with salt.



Step 2

Preheat oven to 180°.

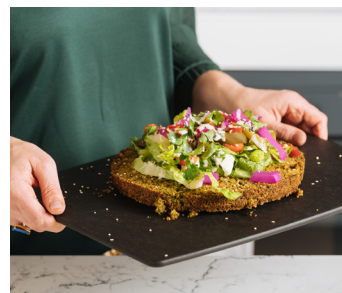
Add the onion, garlic, parsley, coriander, mint, and potatoes to a food processor and pulse a little. Add the rinsed chickpeas and continue to pulse until the final mixture resembles coarse sand.



Step 3

Line and generously grease the base and sides of a 22 cm spring-form tin with 2 tablespoons of olive oil.

Transfer the mixture to a bowl. Add the spices and season well with salt. Add the baking powder and soda water, stir it together until it's fully combined. Transfer the mixture into the greased pan and spread evenly. Drizzle the top with the remaining 2 tablespoons of olive oil.



Step 4

Bake in the preheated oven for 25-30 minutes or until golden in colour. Slice the Falafel quiche and top with your favourite salad vegetables and pickles. Drizzle with tahini sauce.

Salad Mix Shown

Shredded lettuce, cherry tomatoes ½'d, pickled turnips, pickled cucumber, fresh chili, and chopped parsley.

As We Say In Arabic, Sahlan – Enjoy In Good Health



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