

Baked Falafel with Baba Ganoush

45–60 Min

Ingredients 4 Portions

= Kotányi Produkte

For the falafel

240 g	Chickpeas (drained net weight 240g)
240 g	Cannelini beans or white beans (drained net weight 240g)
0.5 pcs.	Onion, white
2 tbsp.	Lemon juice, fresh
0.5 tsp.	Turmeric, Ground
1 tsp.	Cumin, Ground
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole
0.5	Bunch of fresh cilantro, chopped

For the baba ganoush

2 pcs.	Eggplant
2 pcs.	Garlic cloves, fresh
1 tbsp.	Juice of a freshly squeezed lemon
3 tbsp.	Tahini
3 tbsp.	Olive oil
1 tsp.	Cumin, Ground
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole

Preparation

1. Allow enough time to prepare the baba ganoush. Preheat the oven to 200 °C. Wash the eggplant, cut off the ends and cut in half. Line a baking sheet with baking parchment and place the eggplant halves, flesh facing upward, on the sheet.
2. Cook in the middle of the oven for 50 minutes. Then remove them from the oven and allow to cool. Crush the garlic. Use a spoon to remove the flesh and place in a bowl.
3. Add tahini, lemon juice, garlic, a pinch of salt and pepper and the cumin and use a mixer to finely puree these ingredients. The Middle Eastern dip is ready.
4. To make the falafel, combine the chickpeas, beans and finely chopped white onion with the cumin, lemon juice, a pinch of Kurkuma, salt and pepper in a bowl and use a hand blender to finely puree.
5. Then stir in the chopped cilantro. Then use your hands to shape the falafel into little balls and place them on a baking sheet lined with baking parchment.
6. Now bake the falafel at 180 °C for 15–20 minutes. Then allow to cool so that the falafel firm up.

