



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 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

Baked Falafel with Baba Ganoush

Ō 45-60 Min ♀♀♀

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.



