



Baked Falafel with Baba Ganoush

🕒 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.

Ingredients 4 Portions

♦ = Kotányi Produkte

For the falafel

240 g	Chickpeas (drained net weight 240g)
240 g	Cannellini 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

