



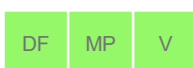
# Baked Lentil Falafels

## Serves 4

2 cups (400g) lentils, cooked  
1 cup (60g) fresh parsley  
2 cloves garlic  
juice of 1 lemon  
2 tbsp. all-purpose flour  
1 ½ tbsp. olive oil  
1 tsp. salt

## What you need to do

1. Preheat the oven to 350°F (180°C). Pulse all the ingredients (except the flour) in a food processor until well combined. The mixture should look like semi-dry crumbs and should hold together when pressed.
2. Stir in the flour, and then form the mixture into patties, using a large tablespoon of mixture for each falafel. Place on a baking sheet and bake in the oven for 18-20 minutes.
3. Serve warm or cold in salads, sandwiches, poke bowls, with dips. The falafels can be stored in the refrigerator for 2-3 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	189	6	26	10

\*Nutrition per serving

