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Air Fryer Falafel

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS	YIELD
10 mins	14 mins	24 mins	6 servings	25 to 30 falafel

NOTE

Alternative cooking options: If you don't have an air fryer, you can do one of two things:

Deep fry: If I'm deep frying them, I roll them into balls rather than discs. Deep fry them at 350°F for about 4 minutes until they are golden brown on the outside.

Pan fry: This works best in a cast iron skillet with about 1 inch of oil in the skillet. If you are using the pan fry method, shape the falafel into discs, like air frying. Fry the falafel over medium-high heat for 3 to 4 minutes per side.

Remove and drain on paper towels.

Ingredients

For the tahini sauce:

- 1/2 cup tahini (I like Joyva)
- 1/4 cup Greek yogurt
- 1/2 lemon, juice only
- 2 tablespoons olive oil
- 1/4 to 1/2 cup hot water

For the falafel:

- 2 (15-ounce) cans chickpeas, rinsed and drained
- 1/4 cup fresh parsley
- 1/4 cup cilantro
- 2 cloves garlic
- 1 large shallot, chopped
- 3 tablespoons all-purpose flour
- 2 tablespoons sesame seeds
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1/2 lemon, juice only
- 1 teaspoon salt
- Spray olive oil, for cooking

For serving:

- 6 pita breads
- Fresh lettuce
- 1 large tomato, sliced thinly
- 1/2 red onion, sliced thinly

- 1 cucumber, sliced thinly

Special Equipment

- Food processor

Method

1. Make the tahini sauce:
In a medium bowl, stir together tahini, yogurt, lemon juice, and olive oil. The mixture will be very thick to start. Thin it out with hot water until it's easily spreadable. You'll have to slowly add 1/4 to 1/2 cup of hot water to get it to the right consistency.
2. Make the falafel mixture:
In the bowl of a food processor, add the chickpeas, parsley, cilantro, garlic, shallot, flour, sesame seeds, cumin, paprika, lemon, and salt. Pulse until mixture comes together in a rough paste. It shouldn't be completely smooth.
Shape the falafel mixture into tablespoon-sized discs, about 1-inch in diameter. Repeat until you use all the falafel mixture. You should get 25 to 30 falafel discs.
3. Air fry the falafel:
Spray the basket for your air fryer with some nonstick olive oil. Add as many falafel discs into the basket as you can without them touching and spray them with olive oil very lightly. Air fry the falafel at 350°F for 8 minutes. Flip and fry for another 6 minutes on the second side.
Repeat until you've cooked all the falafel.
4. Serve the falafel:
Serve the falafel in warm pita (I like to microwave my pita first for 15 seconds). Serve with tahini yogurt sauce and any toppings you like!
Leftover falafel will store great in the fridge for 5 to 6 days or you can freeze the falafel for longer storage. Reheat falafel in a 350°F oven for 10 to 12 minutes until warmed through.
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Nutrition Facts (per serving)

554	21g	76g	19g
CALORIES	FAT	CARBS	PROTEIN