

# falafel with tzatziki

## Ingredients

1 can of chickpeas  
1/4 cup red onion  
1/4 cup parsley  
1/4 cup cilantro  
1 tsp cumin  
1 tsp coriander  
1 tsp baking powder  
3 cloves of garlic  
1 Tbsp flour  
1 Tbsp oil  
1 cup Greek yogurt  
1/2 lemon, juiced  
1 Tbsp fresh dill  
1/3 cup diced cucumber

## Instructions

1. Combine chickpeas, red onion, parsley, cilantro, cumin, baking powder, garlic, flour and coriander in a food processor and pulse for about 2 minutes, until a thick dough mixture is formed.
2. Portion dough into small flattened balls (circles about 1/4 inch thick) and pan fry in 1 Tbsp of oil for 2-3 minutes on each side, or until golden brown.
3. Set falafel aside.
4. For the tzatziki, combine Greek yogurt, lemon juice, fresh dill and diced cucumber in a mixing bowl, stir to combine.
5. Top falafel with spoonful of tzatziki.
6. Enjoy!

