



# Falafel with yogurt sauce

Recipe by V-ZUG Ltd.



Preparation	45 Mins
Resting time	12 Hrs 30 Mins
Cooking time	15 Mins
Piece	20
Appliance	CombiSteamer V4000 45 from 2021

Crisp falafel and creamy yogurt sauce with cucumber – an aromatic duo combining Mediterranean freshness with Oriental spiciness. Enjoy as a snack, as a light meal or with pita bread and vegetables as a delightful evening meal.

## Chickpeas

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200 g dried chickpeas  
500 ml water

## Yogurt sauce with cucumber

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½ cucumber, peeled, cored and diced  
¼ tsp salt  
180 g Greek yogurt  
1 clove of garlic, crushed  
4 sprigs of dill, finely chopped  
2 tbsp olive oil  
Some salt  
Some pepper

## Falafel

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1 tbsp olive oil  
1 shallot, finely chopped  
2 cloves of garlic, crushed





2 tsp cumin powder  
2 tsp ground coriander seeds  
2 knife tips of cayenne pepper  
2 tbsp olive oil  
1 tbsp white flour  
1 tbsp baking powder  
6 sprigs of flat-leaved parsley, finely chopped  
3 sprigs of coriander, finely chopped  
3 sprigs of mint, leaves pulled off from stalks and finely chopped  
¾ tsp salt  
1 lemon, some grated zest  
Olive oil for brushing

## Chickpeas

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Put the chickpeas in a bowl, pour in the water and soak in the refrigerator for about 12 hours.

## Yogurt sauce with cucumber

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Toss the cucumber and salt together in a small bowl and leave to drain for about 30 minutes. Rinse the salt off and squeeze out any excess moisture. Mix the diced cucumber with the yogurt and all the remaining ingredients, season with salt and pepper to taste, cover and refrigerate.

## Falafel

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Preheat the cooking space to 230 °C using the hot air with steaming mode. Heat the oil in a frying pan. Sweat the shallots and all the ingredients up to and including the cayenne pepper over a medium heat until the shallots are golden brown, then transfer to a measuring jug. Drain the soaked chickpeas and add to the shallots in the measuring jug. Add the white flour and all the ingredients up to and including the mint, finely purée, season with salt and pepper to taste. With wet hands or an ice-cream scoop, make 20 evenly sized balls, place on a lined baking tray, flatten slightly and brush with a little olive oil. Put the tray into the preheated cooking space and bake for about 15 minutes until crispy. Serve the falafel with the yogurt sauce.

**(Pre-)heat cooking space to 230 °C with Hot air + steaming**

**Put the food in**

**Hot air + steaming 230 °C for 15 Mins**

## Accessories

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Baking tray

