

# Mediterranean Air Fryer Falafel

Prep Time: 15 minutes

Cook Time: 30 minutes

Servings: 4



## The Ingredients

- 1 15.5-ounce can chickpeas, drained
- 1 small yellow onion, quartered
- 3 cloves garlic, minced
- 1/3 cup parsley, chopped
- 1/3 cup cilantro, chopped
- 1/3 cup scallions, chopped
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/8 teaspoon red pepper flakes
- 1 teaspoon baking powder
- 4 tablespoons all purpose flour
- Olive oil spray

## Directions

- Combine onion, garlic, scallions, cilantro, cumin, salt and red pepper flakes in a food processor. Add chickpeas, baking powder and flour until blended.
- Transfer to a bowl and refrigerate for 2 to 3 hours.
- Form the falafel mixture into 12 balls and spray with olive oil.
- Place in air fryer in small batches. Cook for 14 minutes at 350 degrees, turning falafel halfway through.