

# Chef's Sarah Recipe

## Falafel Burger

### For patties

45-ounce can chickpeas (4 ½ cup cooked)  
6 tablespoon sesame seeds  
3 large carrot  
1 ½ red onion  
9 garlic cloves  
1 ½ cup cilantro leaves and tender stems  
18 tablespoon flour (or gluten-free flour)  
6 teaspoon cumin  
6 teaspoon coriander  
3 teaspoon kosher salt  
1 ½ teaspoon black pepper  
9 tablespoon grapeseed or vegetable oil (for frying)

### For serving

12 buns  
Tomato  
Red onion slices  
Lettuce

### Roasted Garlic and Red Pepper Aioli

Yield: 2 1/2 cups

Ingredients  
2 whole roasted red peppers  
⅔ cup fresh basil leaves  
2 tablespoons lemon juice  
3 cloves garlic, peeled and halved, or more to taste  
1 ½ cups light mayonnaise (such as Hellmann's® Light)  
2 teaspoons white sugar  
1 teaspoon salt, or to taste  
1 teaspoon ground black pepper, or to taste

### Directions

Place roasted red peppers and basil in a food processor; pulse until coarsely chopped and combined. Add lemon juice; pulse 3 times. Scatter garlic halves over mixture; pulse to chop, 4 to 5 times. Add mayonnaise and sugar; pulse until smooth, 5 to 7 times. Season with salt and pepper.



## Instructions

Preheat the oven to 375°F.

Drain and rinse the chickpeas. Dab the chickpeas with a paper towel to remove extra moisture, then place them in the bowl of a food processor. Add the sesame seeds, then process until a paste-like consistency is formed. (If you don't have a food processor, use a potato masher or fork to mash them in a bowl until they're mostly mashed.)

Scrape the mixture into a bowl.

Add the carrot, red onion, garlic, and cilantro to the bowl of the food processor; pulse until finely ground. (If you don't have a food processor, use a large size grater to grate the onion and carrot, then finely grate the garlic and finely chop the cilantro.) Scrape the vegetables into the bowl with the chickpeas.

Stir in the flour, cumin, coriander, kosher salt, and black pepper. Mix with a spoon until combined, then form 4 round patties and place them on a baking sheet.

In a medium frying pan, heat ¼ cup oil over medium heat. Carefully add the patties to the pan. If you have one, top with a splatter screen. Fry for about 3 to 4 minutes until golden brown on one side. Flip and fry for another 3 to 4 minutes until golden brown, turning down the heat as necessary.

Transfer the patties to a parchment lined baking sheet. Bake for 20 minutes until golden brown and baked through. Remove the patties from the oven and let them cool for at least 15 minutes to firm up.

Follow Aioli direction.

To serve, place on a bun with tomato, cucumber, red onion, and lettuce, and top with sauce. The burgers save well in the refrigerator for 1 week, so they're great to make ahead and eat throughout the week. They also freeze well!

*Bon Appetit!*