












Falafel

Disney's Animal Kingdom Lodge

Boma

Ingredients

-  3 cups chickpeas, canned, drained
-  2 tbsp. Red Onions, chopped
-  1/2 tsp granulated garlic
-  3 tbsp. Olive Oil
-  1 tbsp. Lemon Juice
-  1/2 tsp Red Pepper Flakes
-  1 1/4 ounces Panko Breadcrumbs
-  1 egg
-  Salt and Pepper to Taste
-  1 tbsp. Parsley Bunches, picked clean
-  1 tsp Cilantro Bunches, picked clean



Directions:

1. Drain chickpeas. Chop chickpeas in food processor.
2. Dump into a large bowl.
3. Sauté the onions and garlic in the olive oil.
4. Add onions and garlic to the chickpeas. Blend in all
5. other ingredients except for the parsley and cilantro.
6. Fold in the parsley and cilantro.
7. Let sit for 20 minutes (allow time for the ingredients to bind together).
8. Form mixture into 1-inch disks or 1/2 inch balls.
9. Deep fry until golden brown. Taste and adjust seasonings.

