This easy air fryer falafel recipe will give you perfectly crispy and fluffy falafel with much less oil and no deep frying in 15 minutes. Vegan and gluten-free!

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Ingredients

- 15 ounces (about 1.5 cups) dried chickpeas – soaked for at least 6 hours or overnight
- 1 small onion chopped – about 1 cup
- 1/3 cup fresh chopped parsley
- 1/3 cup fresh chopped cilantro
- 3 cloves of garlic – peeled and chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon olive oil – optional for even crispier falafel
- 4 tablespoons gluten free all purpose flour
- 1 teaspoon baking powder
- Lemon slices for garnish

Instructions

1. Prep the chickpeas. Add dry chickpeas to a medium size bowl, cover them with enough water to about 1 inch above the chickpeas, and let them sit at room temperature, uncovered for at least 6 hours or overnight. Then drain them and store them in the refrigerator until you are ready to make this recipe.
2. Make the falafel mixture. Add the onion, parsley, cilantro, garlic, cumin, coriander, chili powder, salt and pepper, and olive oil (if using) to the bowl of a food processor fitted with

a steel blade. Cover and pulse a few times to break it all down. Add in the chickpeas and pulse a few more times then add in the flour and baking powder. Pulse until everything is incorporated into a thick mixture. Cover and refrigerate for at least 30 minutes.

3. Form the falafel into balls. Use an ice cream scoop and wet hands to form the falafel into even size balls.
4. Cook the falafel. Preheat the air fryer to 400 degrees F. Spray the air fryer basket with olive oil spray and place some of the falafel into the air fryer basket in an even layer about 1 inch apart. Spray the falafel with more olive oil spray. Close the basket and cook at 350 degrees F for 14 minutes. Continue until you have cooked all of the falafel. Remove, and sprinkle with a squeeze of lemon juice and a pinch of sea salt.
5. Serve. Enjoy these hot or at room temperature with some hummus and fresh chopped veggies, in some pita bread, or on top of a fresh salad.

Notes

- Use dried chickpeas and not canned chickpeas. Although canned chickpeas will work, they will make these falafel turn out less crispy and fluffy. I also like the slight crunch you get from using soaked, dried chickpeas, which makes them taste like the traditional version.
- Chill the mixture before rolling it into balls. You want to plan ahead and make sure you chill the mixture for at least 30 minutes before rolling them into balls. This will help the falafel stay together and not fall apart while they are cooking.
- Use an ice cream scoop and wet hands to roll the falafel. If you use an ice cream scoop it will help roll the falafel into even size balls so they all cook evenly. Also, wetting your hands a bit with some water while rolling the mixture into balls will make it easier and also prevents the mixture from falling apart while rolling.
- To make these in the oven: bake the falafel on a baking sheet at 400 degrees F for 20-25 minutes.
- Store the falafel in the refrigerator for up to 3 days. Reheat in the air fryer at 350 degrees F for 2-3 minutes. Freeze the falafel in a freezer-friendly container for up to 2 months. Defrost overnight in the refrigerator and cook as directed in this recipe.