

Easy Oven-Baked Falafel Recipe with Creamy Tahini Sauce

Crispy Baked Falafel with Tahini Sauce - A Healthy Take on a Classic



OVEN
375°F

TIME
25 min

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INGREDIENTS

For the Baked Falafel:

- 1 can (15 oz) chickpeas, rinsed and drained
- ... cup fresh parsley
- ... cup fresh cilantro
- 1 clove garlic
- 1 tsp ground cumin
- $\frac{1}{2}$ tsp baking powder
- 2 tbsp whole-wheat flour
- 1 tbsp olive oil, for brushing

For the Tahini Sauce:

- 2 tbsp tahini
- Juice of $\frac{1}{2}$ lemon
- 1 clove garlic, minced
- Water, to thin to desired consistency

Ingredient Swaps & Add-Ins:

Cilantro: Can be replaced with more parsley if preferred.

Whole-wheat flour: Swap with chickpea flour or all-purpose flour for texture variations.

Tahini Sauce Add-Ins: A pinch of cumin or cayenne adds extra depth to the sauce.

Want it spicier? Add chopped jalapeño or red pepper flakes to the falafel mix.

How to Make Baked Falafel:

1 Prep the Oven:

2 Blend the Falafel Mix:

3 Shape and Bake:

4 Make the Tahini Sauce:

Tips for Success:

Don't over-blend: A bit of texture helps the falafel stay fluffy.

Chill the mixture: If time allows, refrigerate the falafel mix for 20-30 minutes to make shaping easier.

Brush generously: The olive oil on top ensures a crisp exterior even without frying.

Serving Suggestions:

Stuffed in pita with greens, tomatoes, and pickled onions

On top of a hearty grain bowl or salad

With a side of roasted veggies and no-bake monster cookie energy balls for a full-meal prep

As a starter alongside pumpkin delight for a surprisingly light finish

Storage & Leftovers:

Refrigerate: Store baked falafel in an airtight container for up to 4 days.

DIRECTIONS

1. **Prep the Oven:** Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone mat.
2. **Blend the Falafel Mix:** In a food processor, combine the chickpeas, parsley, cilantro, garlic, cumin, baking powder, and flour. Pulse until the mixture is well-blended and slightly coarse. It should be moldable, not mushy.
3. **Shape and Bake:** Scoop out tablespoon-sized portions and shape into small patties or balls. Arrange on your prepared baking sheet and brush each falafel lightly with olive oil. Bake for 20-25 minutes, flipping halfway through, until crisp and golden on both sides.
4. **Make the Tahini Sauce:** In a small bowl, whisk together the tahini, lemon juice, minced garlic, and a few tablespoons of water. Keep whisking and adding water until smooth and pourable.
5. **Tips for Success:** Don't over-blend: A bit of texture helps the falafel stay fluffy.
6. **Chill the mixture:** If time allows, refrigerate the falafel mix for 20-30 minutes to make shaping easier.
7. **Brush generously:** The olive oil on top ensures a crisp exterior even without frying.
8. **Serving Suggestions:** Serve your baked falafel warm with any of the following:
9. Stuffed in pita with greens, tomatoes, and pickled onions
10. On top of a hearty grain bowl or salad
11. With a side of roasted veggies and no-bake monster cookie energy balls for a full-meal prep

12. As a starter alongside pumpkin delight for a surprisingly light finish
13. Storage & Leftovers: Refrigerate: Store baked falafel in an airtight container for up to 4 days.
14. Freeze: Freeze before baking for a meal-prep win-just thaw and bake as needed.
15. Reheat: Warm in a 350°F oven for 10 minutes or until heated through and crisp.
16. More Recipes You'll Love: A Light Tangy Chicken Salad
17. No-Bake : Monster Cookie Energy Balls
18. 3-Ingredient Chocolate Chip Oatmeal Cookies
19. Pumpkin : Delight Dessert
20. Cajun : Chicken Sausage Gumbo
21. Final Thoughts: This baked falafel with tahini sauce is everything you want from a weekday recipe: quick, satisfying, and packed with flavor. Whether you're feeding your family or meal prepping for the week, these little patties deliver plant-based comfort with a crisp bite and creamy finish.
22. Tried it? Share your creations and tag @ChefManiac-I'd love to see your falafel bowls and pita wraps!
23. Want a spicy variation or gluten-free option? Just ask!

TIPS FOR SUCCESS

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Chill the mixture : If time allows, refrigerate the falafel mix for 20-30 minutes to make shaping easier.

Brush generously : The olive oil on top ensures a crisp exterior even without frying.

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