

# Air Fryer Falafel Salad

12 ingredients · 30 minutes · 4 servings



## Directions

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1. Preheat the air fryer to 375°F (190°C).
2. Add the chickpeas, onion, garlic, parsley, mint, flour, cumin, lemon juice, salt, pepper, and half of the oil to a food processor. Blend until a smooth consistency is achieved.
3. Form the batter into two to three-inch balls with your hands. Place into the air fryer and coat with the remaining oil.
4. Cook for 15 minutes, flipping halfway through, until crispy and cooked through.
5. Divide the mixed greens evenly between bowls. Top with falafels and tzatziki. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

### Serving Size

One serving is equal to two cups of salad with three to four falafels and 1/4 cup of tzatziki.

### More Flavor

Add cilantro and red pepper flakes.

## Ingredients

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- 3 1/3 cups Chickpeas (cooked)
- 1/2 Yellow Onion (chopped)
- 3 Garlic (clove)
- 1/4 cup Parsley
- 1/4 cup Mint Leaves
- 1/2 cup Chickpea Flour
- 1 tsp Cumin
- 2 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 8 cups Mixed Greens
- 1 cup Tzatziki

