Falafel stuffed pita

This is inspired by Areyes, a Middle Eastern stuffed pita that is typically made with meat, but this is a vegan version of course! This plant-based alternative spares animals and is soo delicious. It draws from all of the herbal spiced flavors of falafel that I love so much and has the perfect combo of crispy edges and fluffy innards.

by Molly Yeh

Ingredients

1 cup dried chickpeas, soaked for 10 hours or overnight and drained
2 teaspoons cumin seeds, freshly toasted
1 tablespoon coriander seeds, freshly toasted
1 small onion, coarsely chopped
2 large cloves garlic
1/4 cup roughly chopped cilantro leaves with stems
1/4 cup roughly chopped parsley leaves with stems
1/4 teaspoon baking soda
1/4 teaspoon cinnamon
1 teaspoon Kosher salt, plus more for sprinkling
Black pepper
A pinch of crushed red pepper
2 tablespoons flour
1 1/2 tablespoons lemon juice
4 fluffy pita, halved
Olive oil or flavorless oil, for frying
Tahini sauce and zhoug, for serving

Instructions

1. In a food processor, combine the chickpeas, cumin, coriander, onion, garlic, cilantro, parsley, baking soda, cinnamon, salt, a few turns of pepper, red pepper, flour, and lemon juice and pulse quickly, about 80-100 times, until the mixture is combined, but still slightly grainy.

2. Stuff each pita half with a lightly packed ? cup (75 grams) filling, pressing slightly so that it extends to the edges and is an even thickness.

3. Heat a skillet over medium high heat. Add a generous coating of oil and when the oil is hot, fry each pita with the exposed falafel mixture face down until deeply golden and crisp, a few minutes, and then on each flat side of the pita until deeply golden and hot throughout.

4. Sprinkle with salt and serve with tahini sauce and zhoug.