



Falafel Burgers with Lemon-Tahini Sauce

For the lemon-tahini sauce:

1/3 cup (3 oz./90 g.) tahini

1/4 cup (2 fl. oz./60 ml.) lemon juice

3 Tbs. plain yogurt

1 clove garlic

Salt and freshly ground pepper

For the falafel burgers:

2 cans (14 oz./440 g. each) chickpeas, drained and rinsed

1/2 red onion, chopped

2 Tbs. fresh flat-leaf parsley leaves

5 fresh mint leaves

2 cloves garlic

Grated zest and juice of 1 lemon

1 Tbs. ground cumin

2 tsp. ground coriander

1 tsp. paprika

1 tsp. salt

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1/2 tsp. pepper

1 egg, lightly beaten

1/2 cup (3/4 oz./20 g.) whole-wheat panko bread crumbs

Nonstick cooking spray

4 whole-wheat pita breads, toasted, cut in half, and split to form pockets

Thinly sliced red onion, sliced Roma tomatoes, and romaine lettuce, for serving

To make the sauce, in a blender, combine the tahini, lemon juice, yogurt and garlic and puree until smooth. Season with salt and pepper.

To make the burgers, in a food processor, combine the chickpeas, onion, parsley, mint, garlic, lemon zest and juice, cumin, coriander, paprika, salt and pepper. Process until smooth and transfer to a large bowl. Add the egg and bread crumbs and stir to combine. Form into 8 patties.

Warm a stove-top grill pan over medium-high heat and coat with cooking spray. Cook the burgers, carefully turning once, until golden-brown, about 4 minutes per side.

To serve, put each burger in a pita pocket, top with a generous helping of sauce, and fill with red onion, tomato slices, and lettuce. Serves 8.

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