

Beetroot Falafels

Makes 12-15

Hands-on Time 10 minutes

Cooking Time 40 minutes

Ingredients

4-5 Beetroots
1 Red onion
2x 400g tins Chickpeas
1 tsp Salt
2 tsp Cumin, ground
2 tsp Coriander, ground
1 Garlic clove, peeled
2 tbsp Plain flour
Oil for greasing (I use olive oil. You may want to use flavourless e.g. sunflower or vegetable)

Equipment

Knife
Chopping board
Food processor
Spatula
Tin foil
Baking sheet

Preheat the oven to 190°C/170°C(Fan)/375°F/Gas mark 5.

Peel and chop the onion and beetroots into chunks and add to the bowl of the food processor.

Pulse until there are no visible large chunks.

Drain and wash the chickpeas. I do this using the tin lid to avoid washing up. Ensure you shake as much water off as possible.

Add the chickpeas to the food processor along with the salt, cumin, coriander, garlic clove, and flour.

Pulse until you have a thick paste. You may need to stir the mix with a spatula to ensure everything has been blended. It doesn't have to be completely smooth as it's nice to have some texture.

Line a baking sheet with a piece of tin foil and grease with a little oil, this will make it easier to remove the falafels after they have baked.

Scoop some of the mixture up using your hand, and shape into a ball about the size of a plum.

Place onto the tin foil and repeat with the remaining mixture.

Pop in the oven onto a middle shelf and bake for 40 minutes.

When the time is up remove and leave to cool before placing them into a sealable container and store the fridge.

Enjoy!