

FIONA TUCK

NUTRITION WELLNESS YOGA



Easy Beetroot Falafels

A twist on the traditional snack favourite, these beetroot falafels not only look beautiful, they are oven baked so there's no standing over a hot stove required!

Ingredients:

400g tin chickpeas, rinsed and drained
1 cup grated beetroot (about 1 medium beetroot)
¼ cup parsley, roughly chopped
¼ cup mint, roughly chopped
1 clove garlic, minced
1½ teaspoons ground cumin
Good pinch of salt
¼ cup rice flour
1 tablespoon extra virgin olive oil

Prep: 15 mins

Cook: 20 mins

Serves: 4

To serve

4 small pita breads
1 cup tzatziki
1 cup parsley or mint, roughly chopped
1 tablespoon finely chopped red onion (optional)
1 lemon, cut into wedges

Directions:

1. Preheat oven to 180°C.
 2. Process chickpeas beetroot, herbs, garlic, cumin and salt in a food processor until smooth. Add flour and process until just incorporated. Check seasoning.
 3. Form into small balls and place on a greased oven tray. Drizzle with oil and bake for 15-20 minutes or until lightly browned, turning after 10 minutes.
 4. Spread tzatziki over pita bread. Top with falafels, herbs and red onion and serve with lemon wedges.
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