

Beetroot Falafels

Makes 12-15

Hands-on Time 10 minutes

Cooking Time 40 minutes

Ingredients

- 4-5 beetroots
- 1 red onion
- 2 x 400g tins chickpeas
- 1 tsp salt
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 garlic clove (peeled)
- 2 tbsp plain flour
- Oil for greasing (e.g., olive, sunflower, or vegetable)

Equipment

- Knife
- Chopping board
- Food processor
- Spatula
- Tin foil
- Baking sheet

Method

- Preheat the oven to 190°C/170°C (fan)/375°F/Gas Mark 5.
- Peel and chop the beetroots and onion into chunks. Pulse in a food processor until no large chunks remain.
- Drain and rinse the chickpeas, shaking off excess water. Add to the food processor with the salt, cumin, coriander, garlic, and flour.
- Pulse until a thick paste forms (it's fine to have some texture). Use a spatula to scrape down the sides as needed.
- Line a baking sheet with foil and lightly grease with oil.
- Shape the mixture into plum-sized balls and place them on the prepared sheet.
- Bake on the middle shelf for 40 minutes.
- Let cool, then store in a sealed container in the fridge.

Enjoy!