



Beetroot Falafel

What to collect

Ingredients	Equipment
1 tablespoon olive oil	frying pan
1 onion, finely chopped	food processor
2 teaspoons cumin	grater
2 x 400g chickpeas, drained & rinsed	metric measuring spoons
500g raw beetroot, peeled, trimmed & grated	
100g fresh breadcrumbs	
1 egg	
1 tablespoon tahini paste	
rice bran oil for frying	

What to do

1. Heat olive oil in a frying pan and fry onions until softened but not coloured. Add cumin and cook for 1 minute.
2. Put mixture into food processor with the chickpeas, 2/3 of the grated beetroot, the breadcrumbs, egg and tahini. Process to a rough paste, then place the mixture into a bowl and stir in the remaining grated beetroot and season well.
3. With damp hands, shape into 20 balls and chill until ready to fry.
4. Place some rice bran oil into a frying pan and once oil is hot, fry beetroot falafels in batches until crisp. (Alternatively, spray with olive oil and bake in the oven.)
5. Serve with tahini dip & pita.