

**Beetroot falafels**

**Season:** Winter

**Type:** Side/main dish

**Source:** www.taste.com.au

**Difficulty:** Medium

**Serves:** 44 tastes

**Fresh from the garden:** beetroot

|  |  |
| --- | --- |
| **Equipment:**Chopping boardChef’s knife PeelerGratersieve Large bowlFood Processormeasuring spoonsmeasuring cupLarge frying pan | **Ingredients:*** 2 small onions, finely chopped
* 2 garlic cloves, finely chopped
* 1 cup coriander leaves, chopped
* 2 x 400g can chickpeas, rinsed, drained, mashed
* 1/2 cup tahini
* 2 large beetroot(600g), peeled, grated
* 1 tablespoon ground cumin
* vegetable oil for frying
 |

**What to do:**

1. Very finely chop the onion, garlic and coriander and place in a bowl.
2. Roughly puree the chickpeas and tahini in a food processor.
3. Wearing gloves, peel and grate the beetroot.
4. Mix the onion mixture, chickpeas, beetroot and cumin. Season well.
5. Wearing gloves, mix falafel mixture thoroughly by kneading with your hand so mixture comes together really well.
6. Wearing gloves, roll 1-tablespoon portions of the falafel mixture into small balls and place on a tray.
7. Heat oil in large frying pan over medium heat. Cook the falafel, turning, for 4-5 mins or until browned all over.