



## Fortifying Beetroot Falafels

### Ingredients

Makes 5 portions/20 balls. 🕒 35 mins prep time. 10 mins cook time.

- 1 small red onion
- 2 medium carrots
- 3 sticks of celery
- ½ small aubergine
- ½ small leek
- 4 beetroot, peeled
- 3 cloves of garlic, minced
- 1 tsp black/white sesame seed (optional)
- 1 tsp smoked paprika
- 1 tbsp garam masala
- ½ tsp coriander seeds
- 1 tsp sea salt
- ½ tsp freshly ground pepper
- 1 pinch dried thyme
- 30g fresh coriander, chopped
- 50ml Olive oil
- 150g chickpea/gram flour

For the dressing:

- 1 tbsp light tahini
- 150ml natural yoghurt
- A pinch of sugar

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### Method

1. Finely dice the onion, carrot, celery, aubergine, leeks and beetroot so that they are roughly the same size.  
💡 Tip: The juice from beetroot tend to stain therefore try using a pair of washing up gloves and donning an apron before grating to save your hands & clothes!
2. Sweat off the diced veg in a large saucepan with the olive oil.
3. Add the paprika, garam masala, coriander seeds, thyme and minced garlic, and keep on a high heat until the vegetables start to soften, 4-5 minutes.
4. Add 150ml cold water and bring the saucepan up to a boil.
5. Turn off the heat, add the flour and coriander. Beat the mixture together – vigorously!
6. Transfer the mixture to a flat tray, cover with clingfilm and leave to cool enough to handle.
7. Once cooled, roll the mixture into small balls, roughly 50-60g each. Don't worry if the mixture is loose and sticky 😊. They should look like slightly flattened balls or a mini burger once you have finished!
- 💡 Tip: If you want to have a fresh supply of these falafel for when the mood takes you, once rolled into balls, these can be frozen.
8. Pan fry each of the falafel in sunflower oil, 1-2 minutes on each side.

#### For the dressing:

9. Mix the tahini and yoghurt together. Taste and add a pinch of sugar to taste.  
💡 Tip: To “snaz” your dressing up even more, add some grated cucumber to the yoghurt mix making it a bit like tzatziki.
10. Serve the falafels with the dressing, a pitta/flat bread and a wedge of lemon.