

Baked beetroot falafels

Serves 2



Ingredients

- **flat-leaf parsley** a small bunch, stalks finely chopped, leaves picked
- **greek yogurt** 3 tbsp
- **garlic** ½ a clove, crushed
- **lemon** ½, juiced
- **pittas** 2, warmed to serve
- **tomato** sliced to serve
- **cucumber** sliced to serve

FALAFEL

- **chickpeas** 400g tin
- **red onion** ½, finely chopped
- **garlic** 2 cloves, crushed
- **ready-cooked beetroot** 75g
- **ground cumin** 2 tsp
- **baking powder** ½ tsp
- **lemon** 2 tsp of juice
- **plain flour** 4 tbsp
- **sesame seeds** 1 tbsp
- **spray oil**

Method

- **STEP 1** - Heat the oven to 200C/fan 180C/gas 6 and line a baking sheet with baking paper.
- **STEP 2** - Put all of the falafel ingredients, except the sesame seeds and spray oil, into a food processor with some seasoning and the finely chopped parsley stalks, then use the pulse button to combine the ingredients into a rough paste. Sprinkle the sesame seeds onto a plate. Form the mixture into 8 slightly flattened balls, then gently press each one into the sesame seeds on both sides to lightly coat. Arrange on the baking tray.
- **STEP 3** - Spray the falafels lightly with oil, then bake for 30 minutes until crisp.
- **STEP 4** - Put the yogurt into a bowl with the garlic, lemon juice and a little seasoning. Mix well.
- **STEP 5** - Stuff the falafels into warmed pittas with slices of tomato, cucumber, parsley leaves and a drizzle of the garlic yogurt.



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