

## CHICKPEA AND BEETROOT FALAFEL

### Equipment needed –

Chopping boards, knives, colander, salad spinner, food processor, measuring cups (1 cup), measuring spoons (1 teaspoon), juicer, micro plane, salad spinner, latex gloves, 4 oven trays, baking paper

### Ingredients from the Garden –

- 3 beetroots, peeled and roughly chopped
- 1 red onion
- 2 cups of parsley
- Zest of 2 lemons
- 2 tablespoons of lemon juice

### Ingredients from the Pantry –

- 2 cups of breadcrumbs
- 2 tins of chickpeas
- 4 teaspoons of ground cumin
- 4 teaspoons of ground coriander
- 2 teaspoons of ground turmeric
- 2 teaspoons of baking powder
- teaspoon of salt
- 1 teaspoon of pepper
- Canola oil spray

### What to do –

1. Preheat the oven to 200°C.
2. Open the cans of chickpeas, empty into a colander and rinse well with cold water (to remove all of the sodium). Drain well then place in the food processor.
3. Pick the parsley leaves and wash and spin using the salad spinner. Prepare enough parsley for 2 cups, then add to the food processor.
4. Using gloves, peel and roughly chop the beetroots. Add to the food processor.
5. Peel and roughly chop the red onion. Place in the food processor.
6. Measure out 2 cups of bread crumbs then add to the food processor.
7. Zest 2 lemons, then add the zest to the food processor.
8. Juice the lemon, enough for 2 tablespoons then add to the food processor. Set the remaining lemon juice aside to be used for something else.
9. Measure out 4 teaspoons of ground cumin, 4 teaspoons of ground coriander, 2 teaspoons ground turmeric, 2 teaspoons of baking powder, 1 teaspoon of salt and 1 teaspoon of pepper and add to the food processor.
10. Pulse the ingredients, until they resemble breadcrumbs.
11. Line 4 oven trays with baking paper.
12. Using CLEAN wet hands, shape the falafel mixture into small balls (makes approx. 50) and place on an oven tray. Place in the freezer while you clean up the kitchen.
13. Spray the falafels lightly with some canola oil spray and bake in the hot oven for 20 minutes or until golden.
14. Carefully remove from the oven. Using tongs, divide the falafels evenly amongst 3 serving platters to serve.

### Serves –

- 28 students.