



## Easy Beetroot Falafel with Humus

Turn the humble beetroot into a mouth-watering falafel, accompanied by creamy humus.



Remember to post photos of your Beetroot Falafel on social media using the hashtag ***#LondonsChristmasMission***

### Ingredients for Beetroot Falafel:

- 1 x 400g tin of chick peas, drained, rinsed and dried .
- Raw beetroot, peeled and diced.
- 4 cloves garlic, finely chopped.
- 1/4 onion, chopped.
- Fresh herbs - Coriander/Parsley/Mint/Dill etc. Don't be shy, use a good handful.
- Plain flour - 1-2 tablespoons.
- Salt & Pepper.
- Dried Spices of your choice.... such as cumin & coriander and for heat I like using harissa powder or a similar chilli or cayenne pepper.
- Sesame seeds – optional



## Part 1 – Beetroot Falafel

### Method

#### Step 1

Place the chickpeas, beetroot, onion, garlic & chopped herbs in a food processor & blitz until the beetroot & chick peas are the size of cracked bulgar wheat.

Note: the reason I suggest chopping everything first is to prevent the chick peas & beetroot from over blitzing into powder, so you retain some texture.

#### Step 2

Empty blitzed ingredients into a bowl and add 1-2 tablespoons or 50 grams of flour, plus salt & pepper to your liking & your choices of ground spices. Stir everything well.

#### Step 3

Form into shapes of your choice. You can decide on traditional meatball style or panini sized burger patties as I have done here.

Note: unlike meat they don't shrink during cooking, so you can use your rolls as templates for size.



#### Step 4

Sprinkle and pat some sesame seeds over your falafels, if you like. Deep or shallow fry as per your preference or alternatively spray with oil and bake in a hot oven Gas mark 6-7, 200-220°C for 10-15 minutes turning once, turning once.

Serve and enjoy.





## Part 2 - Humus

### Ingredients:

- 1 x 400g tin of chick peas, drained, rinsed and dried
- Tahini – 1 or 2 tbsp depending on choice
- 1-2 tbsp water
- 1 Lemon - grate the zest & squeeze the juice.
- 2-4 garlic cloves, finely chopped or grated
- Salt
- Smoked paprika - optional



### Method

#### Step 1

Put aside 1tbsp of chick peas for later, then place the remaining chick peas in a bowl and mash them up (you can use a hand blender if easier).

#### Step 2

Pour in the tahini, lemon juice & a sprinkle of salt and continue to mash or blend. If needed add 1-2 tbsp water to get the right consistency (you want to aim for a runnier consistency than you think as it tends to become thicker when stored in the fridge).

This can be served straight away or stored in an airtight container in a fridge.

#### Step 3

Once you're happy with the consistency, place the humus in a nice serving bowl and use a spoon to level out and gently push the middle outwards to create a shallow dip into which you sprinkle the remaining chick peas.

#### Step 4

Carefully heat 1-2 tbsp of olive oil then remove from the heat. Add smoked paprika and garlic and stir quickly as it sizzles, then pour over the chick peas and serve.

Alternatively I use a small Arabic stove top coffee pot and heat over a gas stove gently until hot, then remove from the heat and add smoked paprika and garlic as above.





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**Richard's Top Tip:** You can make this dish your own by adding your favourite spices and herbs or roasted peppers.

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