



Baked Falafel Bowl with Beetroot Chutney and Tahini Coleslaw

(courtesy of @lelittlegourmand)

Serves 4

Prep Time: 1 Hour

Ingredients

For the Falafel

4 cups chickpeas	2 ounces coriander leaves
1 onion or 1 large	1/2 tsp salt
3 garlic cloves	1/2 tsp baking powder
1.5 tbsp falafel mix	water optional as needed
2 ounces parsley leaves	chickpea flour optional as needed

For the Beetroot Chutney Caramelised Onions

Beetroot Chutney
2 onions, ringed
1 tbsp vegetable oil

For the Lemon Tahini Coleslaw

1/2 purple cabbage	1 tsp pepper
1/2 white cabbage	1 tsp sugar
2 tbsp lemon tahini	1 tbsp vinegar
1 tsp salt	

For the Pickled Cucumbers

1 cucumber, sliced and then quartered	1 tsp chilli flakes
2 tbsp vinegar	1 tsp salt
1 tsp sugar	

For the Spicy Grilled Peppers & Tomatoes

1 red pepper	1 tsp chilli flakes
1 tomato	1 tsp tabasco
1 tbsp veg oil	

Method

For the Falafel

Soak the dried chickpeas overnight (or at least 8 hours then drain and rinse well)
Roughly chop the onion, garlic, parsley and coriander and mix.
Add the mix to a food processor/blender and blitz to crumbs.
Pour the mixture into a bowl and add the falafel spice mix and salt and mix with spoon.
When you're ready to bake, add the baking powder and mix.
Shape the falafel patties (or small or large balls).
Arrange them on a greased or paper-lined baking pan.



Lightly brush or spray with oil Bake in the oven at 240°C for 15-20 minutes. ***For the Beetroot Chutney Caramelised Onions*** In a pan add veg oil, throw in your onions, once they soften and begin to brown add in the beetroot chutney and let them caramelize together

For the Lemon Tahini Coleslaw

Mix all ingredients and store in the fridge until it's time to serve.

For the Pickled Cucumbers

Mix all ingredients and store in the fridge until it's time to serve.

For the Spicy Grilled Peppers & Tomatoes

Grill your pepper and tomato in the oven at 220°C, once it begins to char, once charred throw into a pan with oil and season until soft.