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Beetroot Falafel



Number of people: 4

Keywords: Vegan Starter Detox

Season: Autumn

Ingredients and quantity:

250 g cooked chickpeas

1 beetroot (150 g approx.)

1 red onion

1 garlic clove

½ bunch of coriander

2 tbsp oat flakes

rapeseed oil, salt, pepper

Preparation: 60 mins

Difficulty: Easy

- * Rinse chick peas with water.
- * Peel and dice the beetroot.
- * Put one tbsp of rapeseed oil in a pan and heat.
- * Sauté one chopped red onion and one chopped garlic clove at medium heat until soft.
- * Then add the diced beetroot and cook for two more minutes.
- * Put the mix in a big bowl and add chick peas, chopped coriander, oat flakes, salt and pepper. Purée everything and form small balls.
- * Leave in fridge for 20 min.
- * Then cook at 200 degrees for 30 min.
- * Serve straight from the oven with mixed salad.