

BAKED BROAD BEAN, QUINOA & HERB FALAFELS

[VEGAN & GLUTEN FREE]

Serves: 8-12

Yields: 40 falafels

Prep & Assembly: 35mins

Baking: 25mins

Cooling: 5-10mins

Type: Main meal, snack

Tools: Sieve, small non-stick pot w/lid, chopping board, sharp knife, food processor, mixing bowl, silicone spatula, veggie peeler, colander, measuring spoons, baking tray (*1-2), parchment paper, cooling rack

Courtesy of: Eat2Health Blog



We are thrilled to introduce our newest falafel flavour! This recipe is packed with flavour, moisture and the perfect baked falafel texture. We think that with the correct balance of moisture (aka, oil, tahini, raw veggies!) and seasonings, any flavour of falafel, even baked falafels, can be phenomenal; this is all the more reason to whip up a batch at home! Yes, we used a food processor to help throw it altogether, but don't worry. Even if you do not own a food processor, you can still make these lovelies; it just requires a little more elbow grease and the compromise that your falafels will take a little more time to prepare and have a more rustic and homemade flare! Happy cooking!

Ingredients

60g	Dried Quinoa	1tbsp	Rapeseed oil
320g	Brown onion	2tbsp	Lemon juice
10g	Garlic clove		Low-fat frying oil
100g	Carrot	8g	Ground cumin
30g	Fresh mint	8g	Ground coriander
20g	Fresh coriander leaf	1tsp	Dried Mint (*optional)
20g	Fresh flat leaf parsley	40g	Rice flour (or a plain GF flour)
480g	Cooked broad beans	1-1½ tsp	Salt
480g	Cooked chickpeas	¼-½ tsp	Ground black pepper
60g	Tahini		

Directions

1. Place 60g (about 1/3 cup) quinoa into a sieve and rinse it under cold running water for 30-60 seconds. **Tip:** This will help remove some of its bitter taste. Transfer the quinoa into a small non-stick pot. Add 140ml water. Stir together. Cover with a lid (without a steam vent). Place the pot over a med-high heat. Bring to a boil. Simmer and cook for about 6 mins or until the grains have absorbed the water. Remove from the heat and leave covered for 15-20 mins. **Tip:** Do not peek, not even a little! Leave the grains to steam and finish cooking off of the heat. Don't worry if it remains covered for longer than 20 mins, it will still be OK!

2. In the meantime, peel and chop the onion into two halves. Peel and finely grate the garlic. **Tip:** A cheese grater is perfect for this! Wash, peel, trim off the top and then finely grate the carrot. Transfer the carrot into a large mixing bowl. Wash and dry the mint, coriander and parsley. Remove the mint leaves from its stem. Roughly tear (or chop) the coriander and parsley into two halves/piles.

3. Place the onion into a food processor. Process until minced. Transfer the onion into the mixing bowl. **Tip:** *If you do not own a food processor, just chop and finely dice the onion as best you can.*
4. Place the mint, coriander and parsley into the food processor. Process until minced. Transfer into the mixing bowl. Throw away any large bits of remaining stalk. **Tip:** *Alternatively, finely chop the mint leaves, coriander and parsley (leaves and stalks).* Mix the onion, garlic, carrot and herb medley together until thoroughly combined.
5. If applicable, drain and wash any tinned beans in a colander. Transfer into the food processor. **Tip:** *If you have a smaller machine, complete this step in two batches (as we did).* Add half or all of the tahini, rapeseed oil, and lemon juice (depending on if you have added all of the beans and chickpeas or not). Pulse for 1 minute or until almost smooth (like a really thick houmous); the mixture will still be a little 'tacky'. **Tip:** *You might have to stop and push the mixture down into the base of the container as you process it.* Carefully remove the blade and transfer the mixture into the mixing bowl. Repeat this step until all of the beans and chickpeas have been processed. **Tip:** *Alternatively mash the beans and chickpeas in a separate bowl with a large fork or potato masher.*
6. Heat the oven to 190°C/375°F. Line two baking trays with a sheet of parchment paper and lightly spray it with some low-fat frying oil. **Tip:** *If you are halving the ingredients, only one tray is required.*
7. To the mixing bowl add: 8g ground cumin, 8g ground coriander, 1 tsp dried mint, 40g flour, 1-1½ tsp salt and a few grind grinds of black pepper. Mix with a silicone spatula or large spoon until thoroughly combined. Fluff the grains of cooked quinoa with fork. Add the quinoa into the mixing bowl. Mix and fold into the mixture until thoroughly combined. Taste and season the mixture as necessary.
8. Gather a little of the mixture and roll it between the palms of your hands to form a small ball; about the size of a 'ping-pong ball'. Transfer it onto the baking tray. Repeat until all of the mixture has been used. **Tip:** *If the mixture is a little too tacky, lightly flour your hands with a little flour first.* Lightly spray the 'falafel balls' with some low-fat oil. Using the back of a large spoon or silicone spatula, gently press down on them form small 'falafel patties'.
9. Place the tray(s) onto the middle oven shelf (and if necessary, the lower oven shelf). Bake for 15 mins. Remove the tray(s). Increase the oven temperature to 200°C/400°F. Turn over the falafels. Spray with a little low-fat oil. Return the tray(s) to the oven; swap the tray positions if necessary. Bake for a further 8-10 mins or until slightly firm and golden. Remove. Allow to cool for 5-10 mins on the tray(s) before transferring them onto the cooling rack and/or serving. **Tip:** *This will allow them to firm and set further (without drying out like they would in the oven!).*

Enjoy!

Tip: *Refrigerate any leftover falafels in an air-tight and resealable container; consume within 3-4 days. Alternatively, store and freeze; defrost and consume within 1 month.*

Notes:

- We enjoyed our recent love affair with this delicious M. Eastern food as four tasty lunches! They go perfectly with a salad, rice dish, or tasty tabbouleh, in a wrap or sandwich or as a snack with a tasty houmous, sauce or dip (try lemon and tahini, pomegranate, minty yoghurt or avocado cream!)
- Our first batch had slightly more garlic, but we have toned it down in the final ingredients list. We also increased the quantity of mint and toned down the other herbs, but feel free to adjust the garlic, herbs and/or seasonings to your own personal tastes.

- The mixture is slightly forgiving to larger bits of ingredients, but with too many chunky ingredients, it might stop the mixture from sticking together.
- We made a huge batch, but you can always halve the recipe and slightly reduce the prep time as a result.
- The quantity of cooked chickpeas (aka garbanzo beans) is about two tins and the quantity of cooked broad beans (also known as fava beans!) is about two-three tins. If you are using a dried variety, soak about 220g broad beans and 210g of chickpeas overnight, drain and then thoroughly cook them before adding to the falafel mixture. NB: You can refer to our handy kitchen info for help with cooking times.