Beetroot Falafels

Season: Spring  Type: Vegetable  Difficulty: Medium  Serves: 8 or 20 tastes

Fresh from the garden: beetroot, leek, coriander, mint, lemon

Recipe source: adapted from Coles.com

**Equipment:**
- Chopping boards
- Knives
- 1, ¼ cup measures
- Peeler
- Grater
- Masher
- Bowls
- Juicer
- Tablespoon
- Teaspoon
- Kitchen whiz
- Tray
- Frypan
- Tongs

**Ingredients:**
- 1 small leek, chopped
- 2 Garlic Cloves, chopped
- 1 cup Coriander Leaves
- 2 x 400 g can Chickpeas, rinsed, drained, mashed
- 2 large Beetroot, peeled, grated
- 1/4 cup sunflower seeds blended with olive oil to make a paste
- 3 tsp Ground Cumin
- 1 cup Farmers Union Light Greek Style Yoghurt
- 2 tablespoon Lemon Juice
- 1 tsp Ground Coriander
- Vegetable Oil, for frying

**What to do:**
- Process the leek, garlic and coriander in a small food processor until finely chopped.
- Transfer to a bowl.
- Add the mashed chickpeas, beetroot, tahini and 2 tsp of cumin.
- Season well.
- Mix to combine.
- Roll portions of the falafel mixture into small balls and place on a tray. (make 2 per person)
- Chill for 15 mins.
- Make the yoghurt sauce by mixing the lemon juice, ground coriander and remaining cumin together.
- In a large frypan heat a small amount of vegetable oil and cook the falafels until golden brown.
- Drain on absorbent paper and keep warm for serving.