

# CARROT FALAFELS

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Serves 2

## INGREDIENTS:

100g Carrots  
1 Tin Drained Chickpeas  
½ Garlic Clove  
½ Tsp Cumin  
½ Tsp Ground Coriander  
1 Handful Fresh Coriander - Chopped  
1 Tbsp Corn flour  
Sesame Seeds (optional)  
Oil

## DIRECTIONS

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Peel and grate the carrots - squeeze out any excess liquid.

Place all of the ingredients (apart from the oil and sesame seeds) into a food processor with a seasoning of salt and pepper. Blitz well until it forms a paste. Place the mixture into a bowl.

Using a tablespoon, form large balls with the mixture. Place the balls onto a large baking tray and chill in the fridge for 30 minutes before sprinkling with the sesame seeds if using.

In a non-stick frying pan, heat some oil and then fry the falafels until they are crispy and golden.

They also cook really well in the air fryer. Simply air fry at around 160°C until golden.

Delicious served with hummus and flatbreads or in a pitta bread with some salad leaves, drizzled with natural yoghurt and finished with fresh coriander.

Enjoy!

SOURCE: GROOBARBS