

ONE BITE

VEGAN MAGAZINE

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*Roast Beetroot Falafels with Tahini Sauce –
easy gluten-free vegan deliciousness*

By Anastasia Love



A delicious beetroot inspired falafel recipe with the addition of coriander (cilantro) leaves. Baked or grilled (broiled if you are in the USA) to maintain a wonderful, healthy, gluten-free, vegan falafel.

Yield: 10 cook time: 16 MINUTES total time: 16 MINUTES

Ingredients

- 2 beetroots (just under tennis ball size)
- 2 large garlic cloves
- 250g (2 cups) cooked chickpeas
- 1 handful fresh coriander leaves
- 1 tablespoon ground coriander
- 1 heaped teaspoon ground cumin
- 1 teaspoon sea salt

Instructions

Ahead of time: Slice the rough neck/top off the beetroots and discard. Chop the remaining beetroot into cubes (1.5cm/half an inch cubed in size). Bake in the oven on a baking tray for about 45 minutes on a high heat. When done, take out and leave to cool until you are ready to make the falafels. This can be done ahead of time, or the night before when you are using the oven for something else.

When beetroot is ready...

1. Add all ingredients into a food processor and blend until everything has broken down. It doesn't need to be pureed completely, just broken down into tiny pieces so that when you compress, everything binds together.
2. Roll into balls (a little smaller than golf balls in size).
3. Press the balls down into mini patty shapes.
4. Place onto a grill tray (broiler in the USA) and grill on a medium/low heat for about 8 minutes on each side. (You can also bake these in the oven as an alternative to grilling).
5. Serve right away.

This served really well with tahini sauce - check out [my Easy Tahini Sauce Recipe here](#)





About the author...

Anastasia is the creator of [Kind Earth](#). Deeply spiritual, she has a strong compassion for all sentient life and her plant-based lifestyle reflects that. Following her heart and embracing what speaks to her soul, she has made it her purpose to keep learning and striving to find new depths of connection, compassion and healthier ways of living. Her recipes are all plant-based, wheat & refined sugar-free and created in mind to help as many people as possible to lead a more conscious lifestyle.

