



# FALAFEL BOWLS

PACKED WITH VEGGIES!

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 50 minutes

These veggie-packed falafel bowls are full of goodness (and flavour). I use the term falafel loosely - these ones are loaded up with greens and oven baked rather than fried.



## FALAFEL

- 1 broccoli
- 1/2 cup frozen shelled edamame beans (75g)
- 400g can chickpeas in spring water, drained (14oz)
- 1 1/2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp dried mint
- 3/4 tsp salt
- 1/2 tsp baking powder
- 1 egg
- 2 Tbsp olive oil

## KUMARA CRISPS

- 500g orange kumara (long and thin) (1lb 2oz)
- 1 Tbsp olive oil
- 1/2 Tbsp cumin seeds

## SALAD

- 2/3 cup frozen, shelled edamame beans (100g)
- 1 carrot
- 60g baby spinach/kale (2.1oz)
- 225g canned diced beetroot, drained (7.9oz)
- 100g feta cheese (3.5oz)
- 1 1/2 Tbsp balsamic vinegar
- 1 1/2 Tbsp olive oil
- 1 Tbsp honey

## SAUCE

- 1/2 cup plain, unsweetened yoghurt (125ml)
- 2 Tbsp aioli

1. Preheat oven to 200°C (390°F) fan bake and line two large oven trays with baking paper.
2. **PREPARE FALAFEL**  
Cut broccoli into florets (discard stems). Microwave edamame beans for 1 minute, until just defrosted. Place broccoli, edamame, chickpeas, cumin, coriander, mint and salt in a food processor and process until finely chopped. Add baking powder and egg and pulse until combined.
3. Shape mixture into rounds (you should make about 10) and place on one of the prepared trays. Brush falafel with 1 tablespoon oil and bake for 15 minutes.
4. **MAKE KUMARA CRISPS**  
While falafel are cooking, peel kumara. Use a spiraliser to cut into short, thin ribbons. Alternatively, very thinly slice with a mandolin (or by hand). Place on second prepared tray, drizzle with oil and sprinkle with cumin seeds. Season with salt and toss to combine.
5. When falafel have cooked for 15 minutes, place kumara in oven (above falafel). Brush falafel with remaining tablespoon oil. Bake falafel and kumara for 15-20 minutes, until falafel are golden and kumara is crisp around the edges (you may need to remove some kumara earlier if it cooks unevenly).
6. **MAKE SALAD AND SAUCE**  
Meanwhile, microwave edamame beans for 1 1/2 minutes, until completely defrosted. Julienne or grate carrot. Divide spinach/kale, edamame, carrot, beetroot and crumbled feta between serving bowls. Whisk together vinegar, oil and honey and season to taste with salt and pepper, then drizzle over salad. Whisk together yoghurt and aioli.
7. **SERVE**  
Add falafel and kumara crisps to bowls with salad. Top with a generous dollop of yoghurt sauce.



**WINE MATCH:** A Sauvignon Blanc.

## **FALAFEL BOWLS RECIPE NOTES**

**GLUTEN-FREE OPTION:** Make sure your baking powder and aioli are gluten-free.

**INGREDIENT SWAPS / NOTES:** Beetroot works really well with the other salad ingredients; however, if you don't like it, a diced avocado would be a good alternative.

**EQUIPMENT OPTIONS:** I only have a small food processor, so I chopped the broccoli, edamame and chickpeas individually, then mixed everything together by hand. If you don't have a food processor, try an immersion blender. Otherwise, you could finely chop the broccoli and mash the edamame and chickpeas.

**STORING AND REHEATING:** Store falafel and kumara crisps together, separate from salad and sauce. Falafel and kumara are best reheated in the oven or frying pan (for those crispy edges). Assemble bowls just before serving.