

Spicy Cauliflower Falafel with Beetroot Hummus

- Cauliflower Falafel (4-5 Pcs)
- Cauliflower florets 0.060 kg
- Can Butter Beans, rinsed and drained 0.080 kg
- Flat leaf parsley 0.007 kg
- Almond meal 0.012 kg
- Whole meal spelt flour (or AP flour) 0.016 kg
- Garlic clove 1-2 Pcs
- Chili flakes 1/3 teaspoon
- Ground cumin 1/3 teaspoon
- Salt 1/2 teaspoon
- Baking powder 1 pinch

Beetroot Hummus

- Chickpeas, rinsed and drained 0.05 kg
- Beetroot 0.5 pcs
- Tahini paste 0.5 tablespoon
- Garlic clove 2-3 pcs
- Zest and juice from Lemon ¼ lemon
- Olive Oil 0.5 tablespoon
- Seasoning

To Serve

- Roasted Pine nuts 0.015 kg
- Spinach leaves 0.050 kg
- Cucumber 0.030 kg
- Olive Oil, Lemon Juice and Seasoning

Preparation Method

Pre-Preparation

- Place the dry chick peas in a bowl and fill with water so that the water is above the peas. Let them soak overnight in the fridge.
- Drain the chick peas. Place them in a pot and fill with new water and add salt. Bring the chick peas to a boil. Once the water is boiling, lower the heat so that it is a low boil. Cook the chick peas for an hour or until soft.
- Drain the chick peas and let them cool until they come to room temperature
- preheat the oven to 220°C
- put the Beetroot in aluminum foil and bake for 30-40 minutes or until tender and then let it cool
- wash and chop the parsley and cut the garlic cloves in half.
- Roast the Pine nuts
- Cut the Cauliflower into florets
- wash the spinach and slice the cucumber

Preparation

- Combine all ingredients for the Beetroot Hummus in a food processor and blend to a creamy purée. Season to taste. Let it chill
- Combine all ingredients for the Cauliflower Falafel in a food processor, shape the mix into 4-5 golf ball sized balls.
- Heat sunflower or vegetable oil in a small saucepan on high (oil height in pan at least 5-6 cm) and carefully drop the balls in the oil and fry for a minute until cooked and golden. Remove and drain on paper towels.
- mix spinach leaves and cucumber with olive oil, lemon juice, salt and pepper.
- Serve falafels on a bed of spinach leaves and cucumber with the beetroot hummus and top it with the roasted Pine nuts.

