



ST PETER'S
HOUSE

CURIOSITY | ENCOUNTER | GIFT

Serves 2

Carrot Falafels

The Well Recipe Card

- 400g tin chickpeas – drained and dried kitchen paper or clean cloth
- 100g carrot – peeled & grated
- 2 tsp aromatic blend

Optional: tabbouleh, chopped salad
couscous, tzatziki, flatbreads, hummus,
sesame seeds, feta cheese, olives,

This week we have also included the ingredients required to
make simple chopped salad to go along with your carrot
falafels;

Lettuce, tomatoes, cucumber & radishes
Just dice them into 1- 2 cm pieces and dress with oil & lemon
Delicious!

Prepare vegetables as described.

**For best results use a food processor or hand blender to create a rough
pasty mixture with all of the ingredients. If you have neither of the above
try using a masher or the back of a fork.**

Taste the mixture and add more salt if necessary.

**Divide the mixture into 12 and roll in your hands to create flattish balls.
Sprinkle with seeds at this point if you like. You could also make bigger
burger size patties if you prefer.**

**You can either cook these flat balls in a frying pan with a little oil or place
them baking on a greased baking tray and cook at 180°C for 20-30
minutes, flipping part way through cooking.**

