



## Vegan falafel

**(makes about 12, serves 3)**

### Ingredients:

- ½ cup quinoa
- 1 medium size potato (about your fist size)
- Some greens  
E.g. 1 –2 spring onion/2 stem kale/5 chives/parsley
- 1 small onion
- 2 tablespoons rice flour
- 3 tablespoons chick pea (besan) flour
- 2 cloves garlic—grind
- ½ teaspoon each  
Ground turmeric , paprika & ginger
- 1 teaspoon each  
Cumin seed & fennel seed
- Salt & pepper to taste
- Oil for baking (olive, coconut, avocado, etc.)
- For coating:
- 2 tablespoons polenta
- 2 tablespoons quinoa flake

Note: When whitish string-like stuff appear, they are cooked. If there is too much water, drain it.

### ◇ Quick tomato sauce ◇

#### Ingredients:

- 2 tablespoons tomato paste
- 1 tablespoon apple cider vinegar
- 1.5 teaspoon water
- 1 teaspoon dry parsley or chopped some fresh one

#### Directions:

Mix all ingredients well. Add water if you want to make thinner.



### Directions:

- 1) Wash quinoa. It's easy to use spoon or fork to stir in the water and drain using a tea strainer.
- 2) Cook quinoa with 1.5 cups water and cool down. \*see note
- 3) Steam/microwave potato, peel and mash. Cut all vegetables finely.
- 4) Mix all ingredients except for coating mix. If the mixture is too crumbly, add some rice flour.
- 5) Preheat the oven to 170 °C
- 6) Make the mix into a ball shape (slightly bigger than golf ball) and coat with polenta and quinoa flake mix. Line them on a baking tray.
- 7) Drizzle the oil and bake for 35 minutes or until they get golden.
- 8) Serve with your favourite sauce, such as salsa or tomato sauce.