

Broccoli Falafels with Buckwheat, Egg and Herb Salad



Preparation time: 50 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 25 January 2021

Categories: Dinner Recipes, Lunch Recipes, Vegetarian



Ingredients

BROCCOLI FALAFELS

- 300g broccoli, coarsely chopped
- 400g can chickpeas, drained and rinsed
- ½ cup chopped mint leaves, plus extra to serve
- 2 green onions, sliced

1 clove garlic, crushed

2 tsp ground cumin

2 tsp ground coriander

1 tsp baking powder

2 tbsp quinoa flour

BUCKWHEAT, EGG AND HERB SALAD

½ cup (85g) buckwheat kernels

3 eggs

1 bunch continental parsley, leaves chopped

1 bunch coriander, leaves chopped

1 small red onion, finely chopped

150g vegetables (e.g. cherry tomatoes, cucumber & spinach)

DRESSING

2 tbsp lemon juice

1 tbsp apple cider vinegar

1 small clove garlic, crushed

1 tbsp olive oil

Salt and freshly ground black pepper

½ cup (125ml) Greek yoghurt

Method

BROCCOLI FALAFELS

1. Preheat oven to 200°C/180°C (fan-forced) and line a baking tray with baking paper.
2. Place broccoli, chickpeas, mint, green onions and garlic into the bowl of a food processor. Pulse until the mixture is finely chopped. Add remaining ingredients and process until mixture resembles fine breadcrumbs.
3. Divide the mixture into 12 balls and shape into small patties approximately 1cm thick. Place onto prepared baking tray, spray both sides with cooking spray and bake 15 minutes. Turn over, bake a further 10 minutes. Set aside.

BUCKWHEAT, HERB AND EGG SALAD

1. Meanwhile, cook buckwheat in boiling water for 15 minutes. Drain and refresh with cold water. Set aside.
2. Boil eggs for 5 minutes for medium boiled eggs. Drain, cool and peel. Cut in half. Set aside.
3. Transfer buckwheat to a large salad bowl. Add parsley, coriander, onion and other vegetables and toss to mix evenly.

DRESSING

1. Whisk lemon juice, apple cider vinegar, garlic and oil. Season with salt and freshly ground black pepper. Drizzle ¾ over the salad and mix well. Mix remaining into the yoghurt.
2. Top buckwheat salad with eggs and serve with broccoli falafels and yoghurt. Garnish with extra mint.

Notes

For this recipe to be 'heart healthy', use wholemeal spelt or any gluten free flour such as buckwheat.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
394g	1450kj 347kcal	21.2g	13.4g	3.1g	27.7g	7.5g	468mg	12.9g