



## GLUTEN FREE MILLET FALAFELS

*Light & fluffy and super delicious, we so enjoyed making and eating these millet falafels. A different take on a gluten free vegetarian pattie that uses millet grain, vegetables and our yummy Italian mixed herbs. This is a recipe that even the fussiest eater will love...and bonus - super simple to make as well.*

**Serving size: Makes 18 falafels**

### **Ingredients:**

1 cup millet grain

¼ cup onion diced

¼ cup red bell peppers diced

¼ cup carrots diced

1 garlic clove sliced

3-4 tablespoons olive oil

½ tablespoon Italian mixed herbs

1/4 cup chopped parsley

1 egg beaten

### **Method:**

*Preparing your millet*

Soak your millet overnight

Drain and rinse

Place the millet in a saucepan with 1 1/2 cups of water

Bring to the simmer and cover, stirring occasionally. Simmer until liquid has evaporated. Fluff with a fork and your millet is now ready for the recipe (use millet whilst still warm for best binding).

#### *Preparing your falafel*

Place the onion, capsicum, carrot, garlic and Italian herbs in your food processor and pulse and until vegetables are in tiny pieces.

Heat 2 teaspoons of oil in a medium saucepan over medium heat and add the vegetables. Saute for 3-4 minutes or until vegetables are soft.

Place the millet, vegetables and egg in a bowl and thoroughly combine.

Form patties with about 2 tablespoons of the mixture each.

In a large saucepan over medium heat, saute the patties in olive oil for 5 minutes on each side or until golden brown. Your patties are now ready to serve.

#### **Inspiration:**

Serve alongside a crisp and delicious green salad in summer/spring or roasted root vegetables in the cooler weather.

OR

Try in a fresh homemade tortilla wrap with fresh tzatziki or hummus and garden greens.

**Gluten Free | Dairy Free | Vegetarian | Vegan | Delicious**