



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

1. Soak your millet overnight
2. Drain and rinse
3. Place the millet in a saucepan with 1 1/2 cups of water
4. Bring to the simmer and cover, stirring occasionally. Simmer until liquid has evaporated.
5. Fluff with a fork and your millet is now ready for the recipe (use millet whilst still warm for best binding).

Preparing your falafel

1. Place the onion, capsicum, carrot, garlic and Italian herbs in your food processor and pulse until vegetables are in tiny pieces.
2. 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.
3. Place the millet, vegetables and egg in a bowl and thoroughly combine.
4. Form patties with about 2 tablespoons of the mixture each.
5. 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

Read more here about other Gluten Free Grains from Naturopath Casey-Lee Lyons