

# Paleo Carrot & Sesame Falafel

Hands-on 30 minutes Overall 50 minutes

**Nutritional values (per serving, 3 falafel):** Total carbs: 18.5 g, Fiber: 6.9 g, **Net carbs: 11.6 g,**

Protein: 5.4 g, Fat: 22.5 g, Calories: 292 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings, 12 falafel)

- 3 cloves garlic
- 5 tbsp extra virgin olive oil (75 ml)
- 450 g carrot (15.9 oz)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tbsp fresh lemon juice
- 1/3 cup + 1 tbsp coconut flour (50 g/ 1.8 oz)
- 1 1/2 tbsp tahini paste (24 g/ 0.9 oz)
- small bunch fresh cilantro, stalks removed (20 g/ 0.7 oz)
- sea salt and coarse black pepper to taste
- 2 tbsp sesame seeds (18 g/ 0.6 oz)

## Instructions

1. Preheat the oven to 400 F (200 C, fan assisted). Place the garlic on a baking tray and drizzle with 1 teaspoon of olive oil. Bake for 12 minutes until soft. When cooked remove from the oven, allow to cool and remove the skin.
2. Meanwhile, peel and remove the tops from the carrots. Chop into 2cm chunks. Place in a steamer over a pan of boiling water and steam for 18 minutes until soft. Option to simmer on a low heat in a pan of boiling water if you don't have a steamer for about 12 - 15 minutes. Once cooked, remove the carrots from the steamer/ drain from the pan of water and allow to cool slightly. Place the carrots, peeled garlic, cumin, ground coriander, 3 tablespoons of olive oil, lemon juice, coconut flour, tahini, 1/2 of the finely chopped coriander, salt and pepper in a food processor like a Magimix or Vitamix and blitz.
3. You might need to scrape the sides with a spatula and blitz again until almost smooth. Fold in the remaining chopped coriander. Using your hands, roll into falafel shaped balls, about 2 cm in diameter. Coat in sesame seeds and place on a baking tray lined with grease proof paper.

4. Brush with a little olive oil and bake in the oven for 10 minutes. Turn and cook for a further 10 minutes until golden. Enjoy!

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