



Cookfulness Recipe for Active Hands & Thomas Vaughan Kitchens – 17th April 2026 -

Carrot Falafels, Jewelled Rice & Mint Yoghurt Dip

A flavour, colour, texture & sensory explosion!

Give Yourself Time – when you need to take extra time, take a step back, breathe and re-Cookfulness yourself

Key steps marked for when something really important is needed

Hints & Tips to help you throughout and after

Cookfulness Playlists get your best tracks going!

Difficult rating 1 2 3 4 5

Serves: 4-6

Cooking time: 16 mins for falafels plus 2 mins for rice

Preparation time: 20 mins

Give Yourself Time: 45 mins

You Will Need

Baking tray plus oil spray or greased proof paper

Can opener

Food processor/mixer

Knife

Chopping board

Teaspoon

Juicer or fork

Zester

1 large mixing bowl

Large mixing spoon

1 medium mixing bowl (dip)

1 small bowl for draining chickpeas

Mixing spoon

Platter or large bowl to serve

Ingredients

(for Falafels)

1 can chickpeas- drained

½ tablespoon cornflour or plain flour*
½ teaspoon baking powder*
100g grated carrot (given a squeeze to remove excess liquid)
½ teaspoon garlic paste
½ teaspoon ground cumin
½ teaspoon ground coriander
½ teaspoon ginger paste
Small packet sesame seeds (handful)

*Straight swap for gluten free and/or vegan alternatives

(for rice)

Microwave packet of wholegrain or basmati rice
Handful pomegranite seeds
Handful almond flakes
Handful mixed nuts & seeds
1 fresh mango chopped (ready chopped perfect)
Handful fresh mint leaves (ripped)
Handful sweetcorn (frozen or tin)
Handful fresh coriander (ripped)
6 fresh chives, chopped with scissors
Juice & zest of 1 lemon
Splash olive oil

(for dip)

100g Greek yoghurt*
85g cucumber diced
4 fresh mint leaves chopped
Teaspoon ground black pepper

Method

Falafels

Add all ingredients **key except** the sesame seeds to your processor and pulse to combine well (a minute of pulsing)

Key preheat the oven to 180c

Spray your baking tray with oil or cover with greaseproof paper

Add the sesame seeds to the mix and gently combine

Using your hands, shape into golf ball size pieces and put onto the baking tray

When all done, into the oven and **key set timer** for 8 mins

Carefully remove the tray and flip the falafel balls, then back into the oven for **key set timer** for 8 mins

Carefully remove and eat hot, warm or cold!

Rice

Cook the packet of rice as per the instructions (normally 2 mins in microwave)

Add all of the ingredients to a large mixing bowl and very carefully mix to combine

Decant onto your serving platter/bowl

Dip

Add all of the ingredients to the mixing bowl
Carefully mix with a spoon to ensure it is well combined

Serve the falafels on top of your jewelled rice and dribble over the dip, keeping some dip aside for extra dunking! I like to have one big platter of the rice, with the falafels on top, dribbled in the dip, for everyone to dive in and enjoy!

Hints & Tips

You can buy bags of ready grated carrot which are fabulous to have
Use a tablespoon as your measure to make the falafels if easier
You can freeze the falafel mix pre cook, if you make a little extra
You can also freeze the falafels after they are cooked

Ways To Change

The rice is where you can really let your imagination run wild! Try different dried fruits or nuts or seeds. Change the mango for fresh watermelon, have fun with it!
If you want some extra spice, zing up the dip with some chilli flakes or a little chipotle paste
For some extra freshness, squeeze a little lemon or lime over the falafels and dip
Add some fresh coriander to your falafel mix for a really herby kick!

Ian Taverner, Mr Cookfulness, is available for bespoke cooking shows, demos, workshops, talks and courses. To enquire:

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