Falafel Buddha Bowl

with bulgur and creamy avocado

10 – 15 mins • Veggie`

27

- Falafel
- Bulgur
- Yoghurt
- Mint
- Tahini
- Olives
- Tomato
- Cucumber
- Paprika
- Stock
- Avocado
- Ground Cinnamon
- x2 Falafel

Pantry Items: Salt, Pepper, Oil, Water

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2025-W27

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Ingredients

	2P	4P	6P
Falafel	160 g	320 g	480 g
Bulgur	120 g	240 g	360 g
Yoghurt	110 g	220 g	330 g
Mint	5 g	10 g	15 g
Tahini	1 sachet	2 sachets	3 sachets
Olives	1 sachet	2 sachets	3 sachets
Tomato	2 units	4 units	6 units
Cucumber	1 unit	2 units	3 units
Paprika	2 sachets	4 sachets	6 sachets
Stock	1 sachet	2 sachets	3 sachets
Avocado	1 unit	2 units	3 units
Ground Cinnamon	½ sachet	1 sachet	1 ½ sachets
Falafel	320 g	640 g	960 g

Nutrition

for uncooked ingredient	Per 100 g	Recipe 1 Per 100 g
Energy (kJ/kcal)	603 kJ/ 144 kcal	605 kJ/ 145 kcal
Fat (g)	7 g	6.5 g
Sat. Fat (g)	1.2 g	1.1 g
Carbohydrate (g)	17.2 g	17.5 g
Sugars (g)	2.6 g	2.8 g
Protein (g)	4.3 g	4.8 g
Salt (g)	1.5 g	1.4 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

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1

Make the Bulgur

- Boil 240ml **water** (per 2P) in a large pot along with the **stock**.
- Once the **water** is boiling, stir in the **bulgur** then bring back to the boil.
- Simmer for 1 min then pop a lid on the pot and remove from the heat.
- Leave aside for 12-15 mins or until ready to serve.

TIP: *If you're in a hurry you can boil the water in your kettle..*

2

Get Prepped

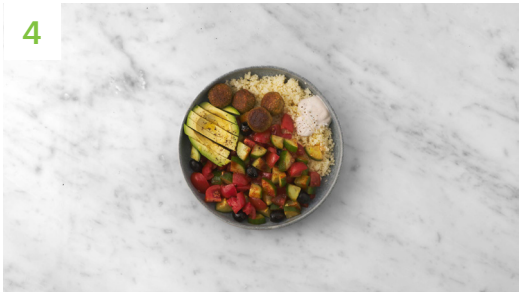
- Trim the **cucumber** and quarter lengthways. Chop widthways into small pieces.
- Roughly chop the **tomatoes**.
- Toss **cucumber**, **tomatoes** and **olives** with **paprika** and a drizzle of **oil**. Season to taste with **salt** and **pepper**.
- Pick the **mint leaves** and roughly chop (discard the stalks).
- Mix the **yoghurt** with the **mint**, **tahini**, **half** a sachet of **cinnamon** (per 2P) and a drizzle of **oil**. Season to taste with **salt** and **pepper**.

3

Fry the Falafel

- Place a pan over medium-high heat with a drizzle of **oil**.
- When hot, fry the **falafel** for 3-5 mins, turning frequently for even cooking.
- Meanwhile, halve the **avocado** and remove the pit.
- Cut the **avocado** into chunks (while still in its skin) then use a tablespoon to scoop it out into a bowl.

4



Finish and Serve

- Fluff up the **bulgur** and divide between bowls.
- Arrange the **avocado**, **falafel** and **paprika** veg on top.
- Drizzle over the **tahini** dressing to finish.

Enjoy!