



Homemade Falafel Pitas

with yoghurt sauce and salad

Veggie 45-50 mins

7



Salad Leaves



Garlic



Yoghurt



Coriander



Carrot



Chickpeas



Parsley



Lemon



Ground Cumin



Pita Bread



Onion

Pantry Items: Oil, Salt, Pepper, Flour

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Immersion Blender

Ingredients

	2P	4P
Salad Leaves	80 g	160 g
Garlic	2 units	4 units
Yoghurt	75 g	150 g
Coriander	10 g	20 g
Carrot	2 units	4 units
Chickpeas	1 pack	2 packs
Parsley	10 g	20 g
Lemon	1 unit	2 units
Ground Cumin	1 sachet	2 sachets
Pita Bread	4 units	8 units
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	678.5 g	100 g
Energy (kJ/kcal)	2888.8 kJ/ 690.4 kcal	425.8 kJ/ 101.8 kcal
Fat (g)	8.1 g	1.2 g
Sat. Fat (g)	2.2 g	0.3 g
Carbohydrate (g)	115 g	17 g
Sugars (g)	20.4 g	3 g
Protein (g)	29.6 g	4.4 g
Salt (g)	0.9 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

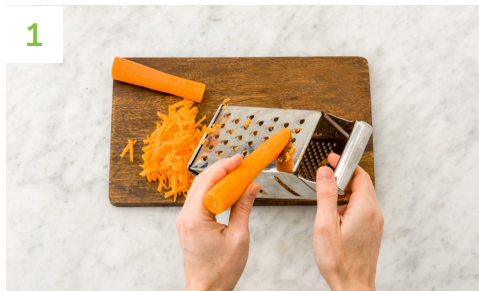
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Get Prepped

- Preheat the oven to 220°C/200°C fan/gas mark 7 (if you don't have a toaster).
- Drain, then place the **chickpeas** on kitchen paper and let them dry for 5 mins.
- Meanwhile, slice the **onion** and press or mince the **garlic**.
- Chop the **parsley** and **coriander**. Trim the **carrot**, then coarsely grate (no need to peel).



Warm the Bread

- Bake the **pitás** (covered) on a baking tray for 4-6 mins (or toast them in the toaster).



Make a Mixture

- In a salad bowl, mix the **chickpeas**, the **onion** and two-thirds of the **garlic** with an immersion blender (or use a blender) until you have a homogeneous mixture.
- Add half the **cumin**, 4 tbsp **flour** (double for 4p) and two-thirds of the **parsley** and **coriander**.
- Add 1 tsp **salt** and **pepper** (double for 4p), then mix again.
- Place in the fridge until cooked.

TIP: You can also mash the chickpeas with a potato masher.



Fry the Falafel

- Take the dough out of the fridge and form small round balls with your hands.
- Place kitchen paper on a plate to put the falafels on after cooking.
- Heat 5 tbsp **oil** per person in a medium pan over medium-high heat.
- When the **oil** is hot, cook the falafels in it for 3-4 mins on each side or until golden brown.



Assemble the Sauce

- In a bowl, combine the **yoghurt**, remaining **garlic**, **parsley** and **coriander**.
- Add **lemon** juice, **salt** and **pepper** - all to taste. Keep fresh until ready to serve.
- Make your salad dressing by mixing 1 tbsp **oil** (double for 4p) with the remaining **cumin** and **lemon** juice, **salt** and **pepper** - all to taste.
- Toss the grated **carrot** in the dressing.



Finish and Serve

- Gently toss the **salad leaves** and marinated **carrot** together.
- Pop the falafels into the **pita** with some of the **salad** and **yoghurt**.
- Serve the remaining fillings on the side.

Enjoy!