



Homemade Falafel Pitas

with yoghurt sauce and salad

Veggie 45-50 mins

9



Chickpeas



Onion



Garlic



Lemon



Ground Cumin



Yoghurt



Carrot



Pita Bread



Parsley



Salad Leaves

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, Sieve, Potato Masher

Ingredients

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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	683.5 g	100 g
Energy (kJ/kcal)	2910.9 kJ/ 661.7 kcal	425.9 kJ/ 101.8 kcal
Fat (g)	8.2 g	1.2 g
Sat. Fat (g)	2.3 g	0.3 g
Carbohydrate (g)	107.3 g	16.9 g
Sugars (g)	20.4 g	3 g
Protein (g)	29.9 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.

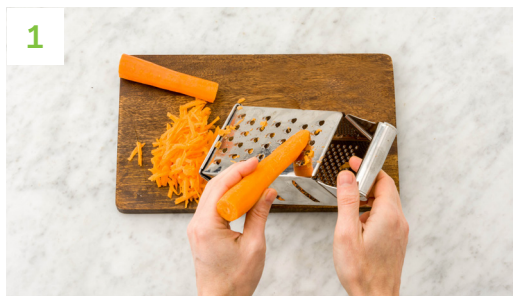
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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 through a sieve, then place the **chickpeas** on kitchen paper and let them dry for 5 mins.
- Peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Juice the **lemon**.
- Chop the **parsley**. Trim the **carrot**, then coarsely grate (no need to peel).



Warm the Bread

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



Make Your Dough

- In a salad bowl, use a potato masher or fork to mash the **chickpeas**.
- Mix in the **onion**, half the **garlic**, half the **cumin** and half the **parsley**.
- Add 2 tbsp **flour** and 1 tbsp **water** (double both for 4p). The mixture should be a bit wet and sticky. Add another splash of **water** if necessary.
- Season with 1 tsp **salt** and **pepper** (double both for 4p). Mix together well.
- Place in the fridge until cooled.



Fry the Falafel

- Use your hands to form small round balls from the falafel mixture.
- Press the balls tightly together and then flatten like a burger patty.
- Heat a drizzle of **oil** 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.

TIP: Wet your hands when rolling the balls to prevent them from sticking!



Assemble the Sauce

- In a bowl, combine the **yoghurt**, remaining **garlic** and **parsley**.
- 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!