



**READY TO COOK**  
BY HARRIS FARM

# PITA POCKETS WITH FALAFEL & COCONUT BEETROOT YOGHURT



PREP  
**15 min**



COOK  
**10 min**



SERVES  
**4**

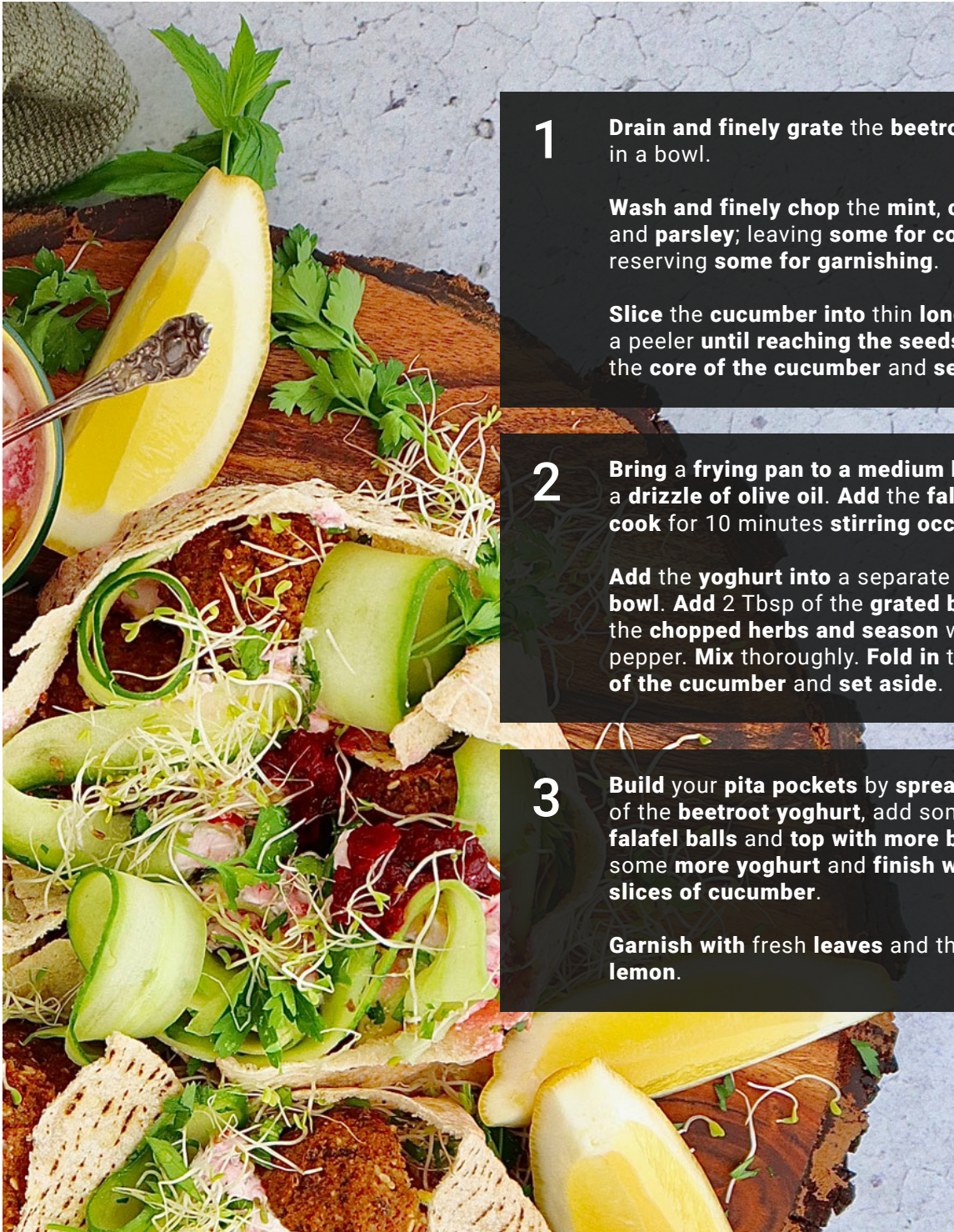
## INGREDIENTS:

- > 500g Falafel Balls
- > 1/4 Coriander Bunch
- > 1/4 Mint Bunch
- > 1/4 Parsley Bunch
- > 250g Baby Beets
- > 1 Lebanese Cucumber
- > 300g Plain Coconut Milk Yoghurt
- > 4x Classic Pita Pockets
- > 1/2 Packet Alfalfa
- > 1 Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

# METHOD - GET COOKING!



**1** Drain and finely grate the beetroot. Set aside in a bowl.

Wash and finely chop the mint, coriander and parsley; leaving some for cooking and reserving some for garnishing.

Slice the cucumber into thin long strips using a peeler until reaching the seeds. Finely slice the core of the cucumber and set aside.

**2** Bring a frying pan to a medium heat and add a drizzle of olive oil. Add the falafel balls and cook for 10 minutes stirring occasionally.

Add the yoghurt into a separate mixing bowl. Add 2 Tbsp of the grated beetroot, the chopped herbs and season with salt and pepper. Mix thoroughly. Fold in the core slices of the cucumber and set aside.

**3** Build your pita pockets by spreading some of the beetroot yoghurt, add some alfalfa, 2 falafel balls and top with more beetroot. Add some more yoghurt and finish with some slices of cucumber.

Garnish with fresh leaves and the juice of ½ a lemon.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover alfalfa on sandwiches, wraps or salads.
- Heat up falafel in the oven, on a pan or in a microwave oven.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
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