



FALAFEL PITAS WITH CHOPPED SALAD

SERVES 2 OR 4
TIME: 20 MIN
CALORIES: 710/SERVING



Super easy falafels that you can make without a food processor! They come together in under 20 minutes, then are wrapped in soft pitas along with crunchy veg and tahini. Served alongside a simple chopped tomato cucumber salad for an easy fresh meal.

WHAT YOU'LL NEED

- Mixing bowl
- Large pan
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings 4 servings

Chickpeas	1 cup	2 cups
Parsley	1/8 bunch	1/4 bunch
Garlic	2 cloves	4 cloves
Shallot	1	2
Dry mix	1/4 cup	1/2 cup
Pitas	2	4
Romaine heart	1 head	1 head
Baby cucumbers	1-2	2-4
Cherry tomatoes	1/3 cup	2/3 cup
Red cabbage	1 cup	2 cups
Tahini sauce	1/4 cup	1/2 cup
Lemon vinaigrette	2 tbsp	4 tbsp



Prep your ingredients: rinse the **chickpeas**, finely chop the **parsley**, mince the **garlic** and **shallot**, roughly chop the **lettuce**, halve the **tomatoes**, and dice the **cucumber**.



Add the **chickpeas** to a mixing bowl and use a fork to mash. Add half the **parsley** and the **garlic**, **shallot**, and **dry mixture**, and season generously with **salt** and **pepper**. Mash together until a crumbly dough forms. You should be able to mold the dough without it sticking to your hands.



Gently form the **mixture** into small discs. Heat 2 tbsp of **oil** (4 tbsp for 4 servings) over medium heat in a large pan. Once hot, add the **falafels** and cook for a few minutes per side until they are a deep golden brown.



Meanwhile, mix together the **cucumber**, **tomatoes**, and **remaining parsley** with the **lemon vinaigrette**. Set aside in the fridge until ready to serve.



Smear some of the **tahini** in each of the **pitas** and top with the **lettuce**, **cabbage**, **falafels**, and a **small scoop of the salad**. Season with **salt** and **pepper** and serve aside the remaining **salad**.

Nutrition Facts	
Valeur nutritive	
Per Serving (498 g) pour 1 (498 g)	
Calories 710	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 34 g	45 %
Saturated / saturés 4.5 g	
+ Trans / trans 0 g	23 %
Carbohydrate / Glucides 91 g	
Fibre / Fibres 12 g	43 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 19 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 860 mg	37 %
Potassium 950 mg	20 %
Calcium 250 mg	19 %
Iron / Fer 6.5 mg	36 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	