

# DINNERLY



## Baked Falafel Salad with Yoghurt Dressing and Croutons



20-30 minutes



2 Servings

These tasty falafels are oven-baked instead of fried, so they're a cinch to make. Served with creamy yoghurt, crunchy croutons and crisp greens, they're good for you too.

## WHAT WE SEND

- 400g can chickpeas
- 40g parsley
- 1 sourdough roll <sup>1,6,7</sup>
- 100g Greek-style yoghurt <sup>7</sup>
- 5g cumin and coriander spice blend
- 2 red onions
- 70g mixed salad leaves

## WHAT YOU NEED

- garlic clove
- olive oil
- salt and pepper
- spray oil

## TOOLS

- baking paper
- medium frypan
- oven tray
- potato masher

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 635kcal, Fat 26.9g, Carbs 64.6g, Proteins 23.3g



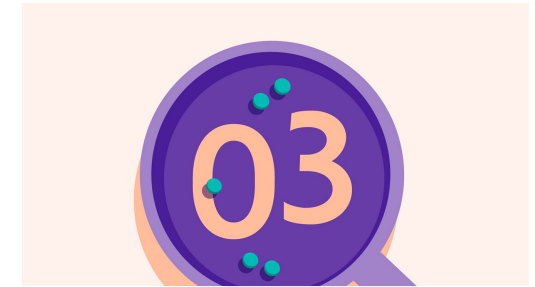
### 1. Prep ingredients

Preheat the oven to 200C. Line 2 oven trays with baking paper. Rinse and drain the **chickpeas**. Finely chop the onions and **2 garlic cloves**. Finely chop the **parsley**, including the stems. Tear the bread into croutons, put on one tray and brush or spray with olive oil.



### 2. Cook onion and spices

Heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the **onion** and **garlic**, stirring, for 5 mins or until softened. Add **2 tsp cumin and coriander spice blend** and cook, stirring, for 1 min or until fragrant. Remove pan from the heat.



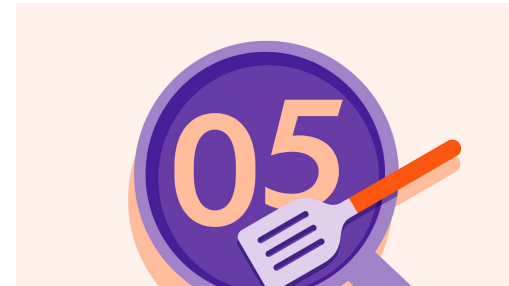
### 3. Make falafel mixture

Meanwhile, put the **chickpeas** and **1 tbs olive oil** in a bowl and mash with a potato masher or fork to a chunky puree. Add the **onion mixture** and **three-quarters of the parsley**, season well with **salt and pepper** and stir until well combined.



### 4. Bake falafels

Using a ¼ cup measure, shape the falafel mixture into about 7 patties. Carefully put on the lined tray (the mixture is quite soft), spray or brush with **olive oil** and bake for 10 mins. Add the bread and bake for a further 8-10 mins until the falafels and croutons are golden.



### 5. Serve up

Meanwhile, put the **yoghurt**, **remaining parsley** and any **remaining spice blend** in a bowl, season with **salt and pepper** and whisk to combine. Divide the **salad leaves**, **croutons** and **baked falafels** among plates and drizzle with the **yoghurt dressing** to serve.



### 6. Make it yours

If you have an extra red onion on hand, thinly slice and toss through the salad or squeeze over wedges of lemon to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

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