


DINNERLY



Fragrant Falafel Wraps with Pickled Cucumber

 20-30 minutes  4 Servings

Ditch the utensils and watch these delicious vego wraps stuffed with wholesome homemade falafels, cucumber ribbons and fresh herbs disappear like that.

WHAT WE SEND

- 1,6
- 1,17

WHAT YOU NEED

- olive oil
- olive oil spray
- white vinegar

TOOLS

- baking paper
- foil
- oven tray

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

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

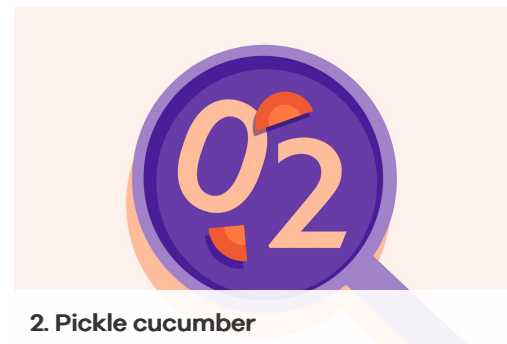
NUTRITION PER SERVING

Energy 560kcal, Fat 20.8g, Carbs 66.8g, Proteins 18.5g



1. Prep veggies

Preheat the oven to 220C. Line 2 oven trays with baking paper. Crush or finely chop **3 garlic cloves**. Peel the **cucumbers** into ribbons with a vegetable peeler. Thinly slice the **tomatoes**. Reserve a few whole leaves, then finely chop the **parsley**, including the stems.



2. Pickle cucumber

Put **60ml (¼ cup) white vinegar**, **2 tsp salt** and **60ml (¼ cup) water** in a bowl and stir until dissolved. Add the **cucumber**, toss to combine and set aside to pickle until needed.



3. Make falafels

Drain and rinse the **chickpeas**. Using a stick blender or food processor, blend the chickpeas, **ras el hanout**, **chopped parsley**, **half the garlic** and **1 tbs olive oil** until smooth. Season with **salt and pepper**. Using clean hands, shape into 16 small patties (approximately 1½ tbs each).



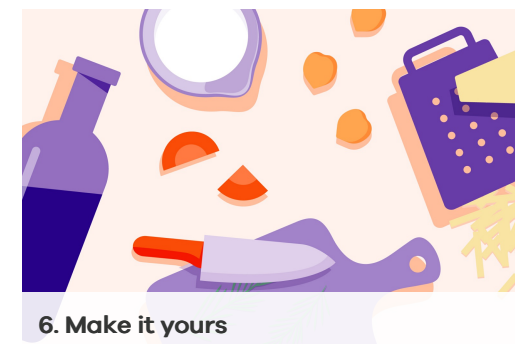
4. Cook falafels

Put the **falafels** on the lined trays, spray or brush with **olive oil** and bake for 5 mins. Wrap **4 pita** in foil (the remaining pita won't be used in this dish), then add to the oven and bake for a further 5 mins or until the falafel are lightly golden and the pita are warmed through.




5. Serve up

Drain the **pickled cucumber**. Combine **60 ml (¼ cup) mayonnaise** and the **remaining garlic** in a small bowl, then spread over the **pita**. Top with the **pickled cucumber**, **tomato** and **falafels**, scatter with the **parsley leaves** and roll up to serve.



6. Make it yours

After slicing the tomatoes, scatter over a little chilli and salt, and give them a squeeze of lemon for another hint of flavour.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 Packed in Australia
from at least 40%
Australian ingredients