



Whizz Bang Falafel

from Three Veg and Meat Cookbook



30-40min



4 Portions

Marley Spoon's Culinary Director, Olivia Andrews, shares an exclusive recipe from her new cookbook, *Three Veg and Meat*, which shows that by flipping the balance on our plates and making vegetables the star, you'll be doing better by your body, budget and the planet. It's of all your family favourite recipes and junk food classics, like falafel, reimagined to deliver a whopping 3 serves of veg p...

What we send

- sesame seed mix ¹¹
- pita bread ^{1,6}
- lemon
- chickpeas
- tahini paste ¹¹
- Lebanese cucumber, tomato
- coriander
- parsley
- baharat spice blend
- red onion
- baking powder ¹

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- foil
- mandoline (optional)
- oven tray
- paper towel

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Adding a layer of baking paper when wrapping pita breads ensures they steam and soften and don't harden in parts.

Allergens

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 785kcal, Fat 36.0g, Carbs 78.9g, Proteins 25.2g



1. Dry out chickpeas

Read through the recipe. Turn the oven to 220C. Line an oven tray with baking paper. Drain the **chickpeas** well, without rinsing, and put on lined tray. Thoroughly pat dry with paper towel, then put in the oven to dry out as the oven heats. As soon as the oven comes to temperature, remove the tray from the oven. Leave oven on. Reserve the lined oven tray.



4. Shape falafels

Shape the **falafel mixture** into 16 evenly-sized falafel patties and put on the reserved tray. Drizzle the **falafels** on both sides with **2 tsp olive oil** and bake for 15 mins or until golden and set. Enclose **4 pita breads**** in baking paper, then foil (see cooking tip). Put in the oven for the last 5 mins of the falafels' cooking time to soften and warm through.



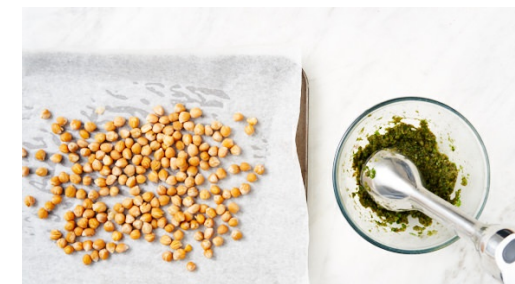
2. Prepare herbs

Meanwhile, pick **1½ cups loosely packed combined coriander and parsley leaves**, then coarsely chop the **remaining coriander and parsley**, including the stems. Coarsely chop the **onion**. Coarsely chop the **garlic**.



5. Make tahini dressing

Meanwhile, juice the **lemons**. Whisk the **tahini, 2 tbs lemon juice, 80ml (⅓ cup) water** and **1½ tbs extra virgin olive oil** in a bowl until well combined. Season with **salt and pepper**.



3. Prepare falafel mixture

Using a stick blender, process the **chopped herbs, chopped onion** and **baharat spice blend** to a coarse paste. Add the **chickpeas** and blend until almost smooth. Add the **sesame seeds, 2 tsp baking powder**, ½ tsp salt** and **1 tbs olive oil** and pulse to combine.



6. Get ready to serve

Coarsely chop the **cucumbers** and **tomatoes**. Put the cucumber, tomato and **picked herb leaves** into a bowl. Drizzle with the **remaining lemon juice**, season with **salt and pepper** and toss to combine. Divide the **falafels** and **salad** among **pita**. Drizzle with the **tahini dressing** to serve.