

CRUNCH TIME

Falafel Rolls



Serve information: 1 plate with 4 Falafel Rolls

INGREDIENTS:

4 Lebanese pita bread
8 Falafel balls, cooked
300g Can of chickpeas, drained, rinsed
1 Garlic clove
50ml Olive oil
1 Tbsp tahini paste
Salt
1 Lemon
30ml Water
1 Bunch parsley
1 Bunch mint
2 Tomatoes
Half red onion
2 Tsp olive oil

EQUIPMENT:

Citrus juice
Garlic crusher
Food processor
Spatula
Several spoons
Chopping board
Sharp knife
Mixing bowl
Screw top jar with lid
8 toothpicks
Serving plate



METHOD:

1. To make the hummus, juice half the lemon
2. Crush the garlic
3. Place the chickpeas, crushed garlic, olive oil, tahini paste, salt and lemon juice in the food processor and process until combined
4. Add the water and process until smooth
5. To make the Tabbouleh, chop the parsley and mint and place in a bowl
6. Dice the tomatoes and finely chop the onion and toss with the herbs
7. Place the oil and lemon juice in a screw top jar. Secure lid. Shake to combine. Drizzle over salad.
Season with salt and toss to combine
8. Lay out the Lebanese bread and spread hummus liberally over the centre of each piece of bread
9. Top with Tabbouleh
10. Place two falafel balls on top of the salad on each Lebanese bread
11. Roll the Lebanese bread to enclose the filling and secure with toothpicks
12. Place on a plate to serve



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