

Baked Falafel Wrap

By Food & Nutrition from Public Health Jersey



Food Labelling...

EU Label values per 100g

Serves 4

	PER 100G	%RI	PER 331G SERVING	%RI
Energy(Kj)	734 kJ	9%	2426 kJ	29%
Energy(kcal)	175 kcal	9%	579 kcal	29%
Fat	6.4 g	9%	21 g	30%
<i>of which saturates</i>	1 g	5%	3.4 g	17%
Carbohydrate	20 g	8%	67 g	26%
<i>of which sugars</i>	1.2 g	1%	4.1 g	5%
Fibre	4 g	16%	13 g	52%
Protein	7 g	14%	23 g	46%
Salt	0.29 g	5%	0.95 g	16%

CONTAINS:



Recipe Ingredients ...

	Quantity:	Description:
Chickpeas..	400g	1x Per pack
Coriander (fresh)..	25g	25 sprigs
Garlic..	6g	2x Average Portion
Spring onions..	20g	2 average
Cumin seeds, whole or ground..	2g	1 teaspoon
Paprika..	1.1g	1/2 teaspoon
Lemon juice (fresh)..	20g	1x Juice from 1/2 lemon
Wholemeal Flour..	20g	0.91 tablespoon
Olive Oil..	25.2g	2 tablespoon
Pepper, black..	0.5g	5 average sprinkle
Chickpeas..	400g	1x Per pack
Oil, olive..	6g	1.43 teaspoon

Garlic..	3g	1x Average Portion
Tahini paste..	6g	1 teaspoon
Lemon juice, fresh..	20g	1x Juice from 1/2 lemon
Wholemeal tortilla..	268g	4x Average Portion
Lettuce, Iceberg..	100g	2x Medium portion

Cooking Instructions & Notes

Instructions

Falafel patties

1. Preheat the oven to 200C/gas mark 6
2. put the chickpeas (400g) in a food processor or blender along with the coriander (25g), garlic (1 clove), spring onions (20g), cumin (teaspoon), paprika (half a teaspoon), flour (20g), lemon juice (20ml), Olive Oil (25ml) and some pepper (sprinkle to taste).
3. Tip the mixture out onto a plate or board and shape into 8 falafel balls. Place on a baking tray.
4. Bake for 10/15 minutes before gently turning and baking for further 10/15minutes on the other side.
5. Enjoy!

Source: The New Vegan book - Aine Carlin

Homemade hummus:

1. In a high-speed blender, place the chickpeas (400g), garlic (1 clove), tahini (teaspoon), lemon juice (20ml), pepper and olive oil (1.5 teaspoon)
2. Blend until very smooth, adding water if needed to blend, and/or to reach your desired consistency.

Falafel wrap:

1. Lay a large wrap on a board, spread the hummus around the wrap, add 25g of shredded iceberg lettuce, add two to three chickpea patties.
2. Roll tightly, bringing the sides in.
3. Cut a large piece of cling film, place the wrap in the middle of the cling film and tighten. After two minutes, remove cling film and slice wrap into pieces.