



Homemade Falafel Pitas

with Hummus & Herby Yoghurt



Make your own Falafel



Chickpeas



Parsley



Coriander



Garlic



Cucumber



Greek Yoghurt



Pita Pockets



Hummus



Mixed Salad Leaves

Pantry Staples



Salt



Baking Powder



Plain Flour



Olive Oil

Hands-on: 15mins
Ready in: 25mins

If you haven't tried making your own falafel from scratch, you may be scratching your head about how to do it. Good thing our recipe developer Erica has tips galore to help you form this fabulous dough yourself. Yum!

BEFORE YOU START

You will need: **sieve, chef's knife, chopping board, garlic crusher, box grater, large bowl, potato masher or fork, medium bowl, medium frying pan, tongs** and **plate** lined with **paper towel**. Let's start cooking the **Homemade Falafel Pitas with Hummus & Herby Yoghurt**



1 GET PREPPED

Drain and rinse the **chickpeas**. Finely chop the **parsley** and **coriander** leaves. Peel and crush the **garlic**. Finely grate the **cucumber** and squeeze excess moisture out with your hands.



2 MAKE THE FALAFEL MIXTURE

➕ Add the **chickpeas** to a large bowl and **mash until smooth** using a potato masher or a fork. Add **half the parsley, half the coriander, half the garlic, salt, baking powder and plain flour**. Season with **black pepper** and mix well. Form into one large ball and leave to rest in the freezer whilst you make the herby yoghurt.

💡 **TIP:** Chilling the mixture before cooking helps it to set and will aid you in creating perfectly formed and tight falafels!



3 MAKE THE YOGHURT SAUCE

In a medium bowl, combine the **cucumber, Greek yoghurt** and the remaining **garlic, parsley and coriander**. Season with **salt and pepper** and mix well.



4 ROLL THE FALAFEL

Remove the falafel dough from the freezer and roll the mixture into tight balls. You should get approx 4 per person.



5 FRY THE FALAFEL

Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the falafels and fry for **2-3 minutes**, gently turning until golden all over. Set aside on a plate lined with paper towel. Meanwhile, sprinkle a dash of water over the **pita pockets** and heat in the microwave for **10 seconds** to warm through.



6 ASSEMBLE THE PITAS

To serve, dollop some of the **hummus** and herby yoghurt onto the pitas. Top with the **mixed salad leaves** and falafels. Season with **salt** if you like.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
chickpeas	1 tin	2 tins
parsley	1 bunch	2 bunches
coriander ☞	½ bunch	1 bunch
garlic ☞	2 cloves	4 cloves
cucumber	1	2
salt*	1 pinch	2 pinches
baking powder*	1 tsp	2 tsp
plain flour*	2 tbs	4 tbs
Greek yoghurt	1 tub (4 tbs)	2 tubs (2 tbs)
olive oil*	¼ cup	½ cup
pita pockets	4	8
hummus	1 tub (4 tbs)	2 tubs (8 tbs)
mixed salad leaves	1 bag	2 bags

*Pantry Items | ☞ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3210	591
Protein (g)	24.8	4.6
Fat, total (g)	32.6	6
- saturated (g)	6.1	1.1
Carbohydrate (g)	84.7	15.6
- sugars (g)	9	1.7
Sodium (g)	626	115

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