

Falafel Pitas with Tomato Salsa

Serves: makes 4

Prep time: 30 minutes + 30 minutes chill time

Cook time: 15 minutes



2 serves per portion

Ingredients

2 400g cans chickpeas, rinsed and drained
2 cloves garlic
4 tablespoons parsley, roughly chopped
4 tablespoons coriander, roughly chopped
2 teaspoons cumin
50g wholemeal breadcrumbs
1 teaspoon salt
Flour for dusting
1 Lebanese cucumber, diced into small cubes
1/4 red onion, finely diced
2 tomatoes, diced into small cubes
2 tablespoons olive oil
4 wholemeal pita breads
4 tablespoons hummus

Method

ADD the chickpeas and garlic to a food processor and blitz until smooth and thick.

ADD the chopped herbs, cumin, breadcrumbs and salt, and blitz again until well combined.

WET your hands and divide the mixture into four.

FORM each quarter of the mixture into a patty shape, about 10cm in diameter.

DUST the patties with any flour (e.g. plain or chickpea) then cover and refrigerate for 30 minutes or until ready to cook.

COMBINE the cucumber, red onion and tomato in a small bowl to make a salsa. Set aside.

HEAT oil in a large frying pan over medium heat and fry the patties for 7-8 minutes on each side, until golden brown. Drain on a paper towel.

TOAST the pita breads and cut down the middle.

SPREAD hummus on the inside of each pita bread then top with the falafel patty and a generous serving of tomato salsa.



Everyday Food

Recipe courtesy of Anne Jenkins, Sandgate Branch

