

Falafel wrap, with beetroot and walnuts (serves 4)

Ingredients:

For the falafel:

250 g dried chickpeas (soaked overnight)
or 2 tins of chickpeas (drained)
1 onion, roughly chopped
3-4 cloves garlic, chopped
1 bunch fresh parsley, roughly chopped
1 tsp ground cumin
1 tsp ground cilantro
Salt and pepper to taste
2-3 tbsp olive oil (for frying)

For the wrap:

4 large tortilla wraps
200 g beetroot, cooked and cut into thin slices
100 g walnuts, roughly chopped
Fresh spinach or lettuce to taste
4 tbsp hummus (bought ready-made or homemade, see hummus recipe in previous recipe)

For the yoghurt dressing:

150 g Greek yoghurt
Juice of half a lemon
1 clove of garlic, finely chopped
Salt and pepper to taste

Preparation:

Prepare the falafel:

If you are using dried chickpeas, rinse them well after soaking and drain. Blend all the ingredients for the falafel (chickpeas, onion, garlic, parsley, cumin, coriander, salt and pepper) in a blender or food processor, until you have a coarse paste. Place the mixture in a bowl and leave in the fridge for about 15-30 minutes. This way, the flavours can unfold and the mixture can become firmer. Shape the mixture into small balls and gently flatten them to create the classic falafel shape. Heat the olive oil in a frying pan and fry the falafel over a medium heat until golden brown and crispy on both sides. Drain on a paper towel.

Prepare the yoghurt dressing:

Mix the Greek yoghurt with the lemon juice, chopped garlic, salt and pepper. Season according to taste.

Create your wrap:

Open up a tortilla wrap on a work surface. Spread a generous amount of the yoghurt dressing on the wrap. Place a handful of fresh spinach or lettuce in the centre of the wrap. Sprinkle beetroot slices and chopped walnuts on top. Place the fried falafel balls on top.

Roll the wrap:

Fold the side edges of the wrap slightly inwards so that the filling does not fall out. Roll up the wrap, starting from the bottom side, until everything is tightly closed. Repeat the process for the remaining wraps.

Serve:

Cut the falafel wraps in half or leave them whole and arrange on plates. Serve with additional yoghurt dressing or hummus as desired

