

MEDITERRANEAN SALAD WITH PEA FALAFELS



 Serves 4  Prep Time 20 mins  Cook Time 6-8 mins  A Little More Effort

For a vegan version, omit the hummus.



INGREDIENTS

Pea Falafels:

- 1 - ½ cups (150g) **Wattie's frozen Baby Peas**
- 400g can **Wattie's Chickpeas in Springwater**

METHOD

Pea Falafels:

1. Place the **Wattie's frozen Baby Peas** in a sieve and run hot water through them to defrost. Place in a food processor with the drained **Wattie's Chickpeas**, red onion, garlic, parsley, **Gregg's Whole**

- 2 Tbsp red onion, diced
- 1 clove garlic, crushed
- Handful fresh parsley leaves, chopped
- 1 tsp **Gregg's Whole Cumin Seeds**
- 3 Tbsp chickpea flour
- Zest from ½ lemon

Mediterranean Salad Bowl:

- 120g baby spinach leaves or kale (or a mix of both)
- ½ cup chopped parsley
- 100g cherry tomatoes, quartered
- 1 small red onion, finely sliced
- 12-15 pitted black olives, halved (optional)
- 175g container **Just Hummus with Beetroot & Roasted Garlic**
- 2 Tbsp olive oil
- 2 Tbsp Juice from ½ lemon - 2 Tbsp

Cumin Seeds, chickpea flour and lemon zest. Process until mixture binds together but still has some texture. If the mixture is a bit too wet add a little extra chickpea flour. Season with salt and pepper to taste.

2. Shape the mixture into 12 - 15 small patties. Place on a tray and refrigerate for 15 minutes.
3. Heat 2 Tbsp of olive oil in a small frying pan and cook the falafels over medium to low heat for 3-4 minutes each side or until golden and hot. Serve with the salad.

Mediterranean Salad Bowl:

1. Place spinach leaves, parsley, tomatoes, red onion and olives into a bowl. Top with falafels and a good dollop of **Just Hummus with Beetroot & Roasted Garlic**. Whisk together lemon juice and olive oil and drizzle over the salad.

TIPS

- Freeze cooked falafels on a tray. Once frozen pack into sealable bags or an airtight container. Heat from frozen in the microwave. Store for up to 1 month.

SWITCH IT UP

- Fill pita pockets with falafels and the Mediterranean salad.