



Plant Based
RECIPES

Falafels with
Pizza Flavour



You will need

Ingredients:

For the falafels (6 falafels):

200 gr of cooked chickpeas, drained and pat dry

A handful of fresh parsley

1 small head of red onion, chopped

Salt and black pepper to taste

1 tsp of cumin

3 tbsp of flour

50 gr of Pizza Flavour, cubed

Serve with:

Hummus



Method

- Add all of the falafel ingredients to a blender, except the pizza flavour and the flour
- Blitz several times, don't make it too smooth, you want it a bit chunky
- Now add in the flour and blitz a couple of more times
- Shape the falafels, leave a hole in the middle, stuff with cheeze and wrap the falafel around
- Deep fry on a medium heat, for about 6-7 minutes
- Serve with hummus

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SERVES



PREP TIME



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