


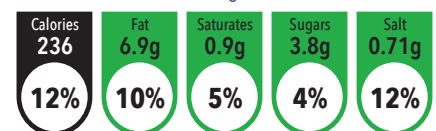




BAKED FALAFEL SALAD

-  **Prep: 15 minutes**
-  **Cook: 30 minutes**
-  **Serves: 4**

Each serving contains



of your guideline daily amount

Ingredients:

For the falafels:

- 400g can chickpeas, drained
- 1 clove garlic
- 1 medium egg
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp **LoSalt**
- 2 spring onions, sliced

For the salad:

- Juice 1 lemon
- 1 tbsp oil
- 1 tsp wholegrain mustard
- 2 wholemeal pittas
- 100g baby spinach leaves
- 2 tomatoes, diced
- ¼ cucumber, diced
- Fat free Greek yogurt to serve (optional)

COOKS TIP:

Cook the falafels ahead and freeze.

Method:

1. Preheat the oven to 200°C, gas mark 6. Line a baking tray with baking parchment.
2. Place all the falafel ingredients, including **LoSalt**, in a food processor and blitz to give a coarse paste. Divide into 8 balls and place on the prepared tray. Bake for 30 minutes until golden.
3. Whisk together the lemon juice, oil and mustard in a large bowl.
4. Toast the pittas, tear into bite sized pieces and add to dressing in the bowl along with the spinach, tomatoes and cucumber. Serve topped with the falafels and a spoonful of Greek yogurt, if using.