



FALAFEL KEBABS UNDONE

Undone kebabs... you heard it here first! Think crispy spiced chickpeas, crunchy pita bits, broccoli tabbouleh and a special sauce!

 20 minutes

 40 minutes

 4 portions

INGREDIENTS

- 2 cups (drained, rinsed) chickpeas (304g)
- 3 tablespoons of olive oil
- 2 cloves of garlic, minced (6 g)
- 2 tsps of cumin seed (4 g)
- 2 tsps of paprika (5 g)
- 2 tsps of turmeric, ground (6 g)
- 2 tsps of caraway seed (4 g)
- 3 large pita bread, cut into triangles (192 g) **or** 3 large pitas, gluten free, cut into triangles (192 g)
- 1 broccoli, grated (608 g)
- 1 tsp of parsley, dried (1 g)
- 3 tomatoes, diced (546 g)
- 1 juice and zest
- 3 tbsps of tahini
- 125 grams of yogurt, Greek, plain, lowfat **or** 125 grams of yoghurt, Coconut, Dairy Free
- 1 tsp of garlic powder (3 g)
- Sea salt & pepper to taste

COOKING METHOD

- 1° reheat a fan-forced oven to 220°C/425°F/Gas Mark 7 and line two baking trays with baking paper.
- 2° In large bowl, mix chickpeas, 2 tablespoons (30ml) of olive oil, garlic, cumin, 1 teaspoon of smoked paprika, turmeric and caraway seeds if using. Season with a little salt and pepper and spread across one of the lined trays.
- 3° On the other lined tray, lay out the pita shapes so that none are overlapping. Brush the top sides with olive oil using a pastry brush or the back of a spoon. Sprinkle with the remaining smoked paprika and sesame seeds, if using. Season with a little salt and pepper.
- 4° Place the tray of chickpeas in the oven and bake for about 20 minutes, or until chickpeas become golden. In the last 5 minutes, switch the oven to grill and place the tray of pita shapes in the oven too.
- 5° Meanwhile, in a large bowl, combine broccoli, parsley, tomatoes, 1/2 the lemon juice and zest and a drizzle of olive oil. Divide between 4 serving bowls.
- 6° Divide chickpeas and pita breads between the four portions and top with Kebab Sauce, to serve.
- 7° Note Gluten-free option: Use gluten-free pita bread or swap out bread for cooked quinoa. Vegan/dairy-free option: Replace yoghurt with coconut yoghurt.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (487 g)	% DRI
ENERGY	106 kcal	516 kcal	26 %
FAT	5 g	22 g	34 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	21 %
CHOLESTEROL	0 mg	2 mg	1 %
SODIUM	88 mg	431 mg	18 %
CARBOHYDRATE	14 g	69 g	23 %
SUGARS	3 g	12 g	—
FIBER	3 g	16 g	65 %
PROTEIN	4 g	20 g	—