



FIERY RED PEPPER FALAFEL PITA

INGREDIENTS

1 pack Garden Gourmet Spicy Falafel
60g grated carrot
80 g mixed salad leaves
300 g pre-prepared roasting vegetables
80 g couscous
8 tbsp fresh mint
4 tbsp reduced fat sour cream and onion dip
2tbsp sweet chili sauce
2 tsp oil
juice from one lemon
2 flatbreads or wraps



Give this red pepper falafel in pita bread made with a try with a refreshing side salad made of couscous. A real vegetarian treat inspired by Middle Eastern flavors!

PREPARATION

1. Preheat oven and roast veggies for couscous

Preheat the oven to 180°C (160°C for fan ovens), Gas Mark 4. Roast the vegetables for the couscous according to the pack instructions.

2. Bake falafels and flatbread

Place the Garden Gourmet falafel onto a baking sheet and heat for 8-10 minutes, adding the flat bread to the oven for the last 3-4 minutes to warm through.

3. Make couscous salad with roasted veggies

Steam the couscous in 120ml boiling water in a covered bowl for 5 minutes then add the olive oil and stir in the lemon juice. Stir through the roasted vegetables.

4. Build your perfect wraps

Divide the ingredients between the wraps. Halve the falafel or gently break over the top and gently fold the flat bread over.

5. Serve with the side salads and enjoy!

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