



# 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



2 SERVINGS



30 MIN



INTERMEDIATE

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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