



VEGAN FALAFEL PITA'S

INGREDIENTS

2 packs Garden Gourmet Falafels
200g rocket / green oak leaf lettuce
4 mini cucumbers
1/4 red cabbage
200g grated carrots
100g vegan feta
garlic sauce
200g hummus
4 XL pita's



This vegan recipe of pita's filled with veggies, hummus and Garden Gourmet Falafels is better for a sunny picnic!

PREPARATION

1. Cook the Falafels

Cook the Garden Gourmet Falafels following the method shown on the packaging.

2. Toast the pita's

Grill the pita's for 2 minutes per side or until warmed through.

3. Prepare your veggies

Cut the cucumbers in slices, grate the carrots and chop finely the red onion

4. Assemble veggies in the pitas

Assemble the pitas with the rocket, cucumbers, cabbage, carrots and feta.

5. Add hummus and Falafels

Spoon a good dollop of hummus accompanied with 6 falafel balls

6. Last touches to the pitas

Finish off with some creamy vegan garlic mayo and using the string, tie up your falafel rolls to keep their shape!

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