

INGREDIENTS

 4 SERVINGS

 20 MIN

 EASY

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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GARDENGOURMET.COM**