

Falafel Sandwich

This Arab-inspired sandwich is filled with juicy falafels served over a bed of fresh vegetables. Enjoy with some warm pita!



Sandwich

Arab

30 min

Total time

Easy

Difficulty

360

kcal / serving

Ingredients

- 2 tablespoons olive oil
- 1 can of chickpeas
- 1 clove garlic
- 1 tablespoon parsley
- 1 teaspoon ground cumin
- 1 teaspoon coriander
- Salt and pepper to taste
- 1 tablespoon baking powder
- 1-2 pita pockets
- 1 onion, thinly sliced
- 1 tomato, thinly sliced
- 1/2 cucumber, thinly sliced
- A handful of iceberg lettuce, washed
- Tahini
- Lemon juice

Steps

- 1 Preheat oven to 375°F.
- 2 In a food processor, blend chickpeas, garlic, parsley, cumin, coriander, and salt and pepper until desired crumble form.
- 3 Add baking powder to mixture and blend.
- 4 Scoop mixture out to form small patties.
- 5 Heat oil in a pan over medium heat and fry 3-4 patties at a time until both sides are golden brown.
- 6 On a heated pita pocket, add falafel patties, onion, cucumber, tomato, and lettuce.
- 7 Drizzle with tahini and some lemon juice.
- 8 Wrap pita pocket and enjoy!