

Fava Bean Stuffed Falafel Flautas

A unique fusion dish combining the flavors of Middle Eastern falafel with Mexican flautas, topped with refreshing lettuce and tomatoes.



Mexican

40 min

Total time

Intermediate

Difficulty

380

kcal / serving

Ingredients

- 1/2 cup cooked fava beans
- 1/2 cup chickpeas
- 1/4 cup chopped parsley
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- Salt and pepper to taste
- 4 Flautas hard shells
- 1 cup shredded lettuce
- 1 small tomato, sliced

Steps

- 1 In a food processor, combine fava beans, chickpeas, parsley, onion, garlic, cumin, coriander, salt, and pepper. Pulse until mixture is well combined.
- 2 Take a spoonful of the falafel mixture and stuff it inside each Flautas hard shell.
- 3 Heat oil in a pan for deep frying.
- 4 Carefully place the stuffed Flautas in the hot oil and fry until golden brown and crispy.
- 5 Remove from oil and place on a paper towel to drain excess oil.
- 6 Serve the falafel flautas topped with shredded lettuce and sliced tomatoes.