



Food For Thought Recipe and Allergen Card

Falafal Pitas

20 Portions

Ingredient	Hannah Product Code	Quantity
Cooked Chickpeas	D001486	3x 400g tin
Onion – very finely diced		1
Garlic – Peeled and chopped		1 clove
Cumin	D001121	1 tsp
Paprika	D001181	1 tsp
Salt	D001199	To taste
Pepper	D001103	To taste
Lemon juice		1 tbsp
Ground Coriander	D001194	1 tbsp
Plain flour	D200200	3 tbsp
Chilli Powder	D001110	½ tsp
Pita bread	F000220	1 per portion
Mixed salad		To serve

RECIPE METHOD – ALLERGENS

1. Drain, rinse and dry the tinned cooked chick peas
2. Add the chick peas, diced onion, garlic, flour, herbs and spices into a food processor
3. Blend the ingredients together, leaving a little coarse (not as smooth as hummus)
4. Roll the mixture into balls and leave, covered, in a fridge for 30 minutes to allow them to firm up
5. Preheat a fryer to 175°C
6. Working in small batches, cook the falafel in the fryer, checking regularly as they will brown quite quickly
7. Serve in a toasted pita bread filled with fresh salad

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : **Wheat**

Rye

Barley

Oats

Spelt

Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...