



Falafel Pitas

Ingredient	10 Portions	50 Portions	100 Portions
Cooked Chickpeas	600g	3kg	6kg
Egg (lightly beaten)	1	5	10
Onion – very finely diced	0.5	2.5	5
Garlic – Peeled and chopped	1 clove	5 clove	1 bulb
Cumin	1 tsp	2 tbsp	4 tbsp
Paprika	1 tsp	2 tbsp	4 tbsp
Salt	To taste	To taste	To taste
Pepper	To taste	To taste	To taste
Lemon juice	1 tbsp	5 tbsp	10 tbsp
Ground Coriander	1 tbsp	5 tbsp	10 tbsp
Plain flour	2 tbsp	3 tbsp	6 tbsp
Chilli Powder	pinch	½ tsp	1 tsp
Pita bread or small wrap	1 per portion	1 per portion	1 per portion
Mixed salad	To serve	To serve	To serve

Key Points

It is important to dry the chickpeas out as much as possible. If you are pushed for time you could line a large tray with blue roll, empty them on top of the blue roll and shake the tray.

You could add ingredients like fresh coriander or fresh mint.

Method

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

Allergens Wheat, Eggs, Soya