



## FALAFEL & SALAD PITTAS

**Grab & Go:** This recipe provides a portion of starchy food and a portion of beans. It counts towards the food-based standard for lunch to provide a portion of starchy food and a portion of meat, fish, eggs, beans and other non-dairy sources of protein.

Recipe adapted from: Children's Food Trust, Recipe for success – Grab and go recipes and tips

### Ingredients

5ml (1tsp) vegetable oil  
800g canned chickpeas, drained (2 x 400g cans, 480g drained weight)  
80g onion, diced  
8g (2 cloves) garlic  
7g (½ small) fresh chilli, seeds removed and crushed  
80g carrot, grated, moisture squeezed out  
3g (1tsp) ground cumin  
3g (1tsp) ground coriander  
40g plain flour  
50g fresh coriander leaves, chopped  
75g onion, finely sliced  
100g white cabbage, shredded  
120g low-fat plain yoghurt  
15g fresh mint, chopped  
15g fresh parsley, chopped  
8 x small (60g) or 4 large (80g) wholemeal pitta pockets  
150g lettuce, shredded

### Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Grease a baking tray with the vegetable oil.
3. Blend the chickpeas, onion, garlic, chilli, carrot, cumin, coriander, plain flour and fresh coriander leaves in a food processor to form a rough paste.
4. Form into 24 balls, flatten slightly, place on the baking tray and refrigerate for 15 minutes.
5. Place in the oven and bake for 15 minutes, then turn over and cook for another 10 minutes until they are brown on the outside.
6. To make the salad: mix the onion, cabbage, yoghurt, mint and parsley together and chill.
7. Toast the pittas in the oven according to the manufacturer's instructions.
8. Serve the falafels, 3 in each 60g pitta and 4-5 in each 80g pitta, with lettuce and the yoghurt salad.

**Serving suggestion:** with couscous salad instead of pitta



**Number of portions this recipe makes:**  
8 primary servings (151g, plus 60g pitta)  
5 secondary servings (240g plus 80g pitta)



**Prep:** 25 minutes  
**Cook:** 25 minutes



**Allergy information:**  
Milk, sulphites, wheat (gluten)



### Top Tips

Replace chicken with chickpeas for a vegetarian dish.

### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose vegetable oil based on unsaturated fat, choose pitta bread with less than 1.0g salt/100g.