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.