

Falafel Wraps



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Recipe makes: 6 servings (1 wrap per serving)

Preparation time: 1 hour and 15 minutes

Cook time: 15 minutes

Equipment: one can opener, one strainer, one set of measuring cups, one set of measuring spoons, one knife, one cutting board, one 45 x 33 cm (18 x 13 inch) baking tray, parchment paper, two medium mixing bowls, two spoons, one food processor, one rubber spatula, four large plates, paper towel, one large frying pan, one spatula, one oven, one stove or hotplate

What you need to make this recipe:

- 1 540 mL (19oz) can of chickpeas, drained and rinsed
- ½ teaspoon salt
- 2 tablespoons olive oil
- ½ cup chopped white onion
- 2 cloves garlic, chopped
- ½ cup fresh cilantro
- ½ cup fresh parsley leaves
- 1 teaspoon baking powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon red chili flakes
- ¼ cup whole wheat flour
- 2 to 3 tablespoons vegetable oil
- 6 25 cm (10-inch) whole wheat tortillas
- ¾ cup hummus
- 6 pieces romaine lettuce
- 1 small tomato, diced

How to make Falafel Wraps:

1. Preheat the oven to 175°C (350°F).
2. Line a 45 x 33 cm (18 x 13 inch) baking tray with parchment paper.
3. Add the chickpeas, salt, and olive oil to a medium mixing bowl. Using a spoon, stir until the chickpeas are evenly covered with the oil and salt.
4. Pour the chickpeas on the prepared baking tray and spread out evenly.
5. Bake the chickpeas in the preheated oven for 15 minutes or until they are golden in colour.
6. Cool the chickpeas for 5 minutes on the tray.
7. Using a large spoon, transfer the cooled chickpeas to the food processor.
8. Add the onion, garlic, cilantro, parsley, baking powder, coriander, cumin, and chili flakes to the food processor. Blend the ingredients until a thick, smooth batter is formed.
9. Add 1 tablespoon of the flour to the batter. Blend until combined. Repeat until all the flour has been added to the batter.
10. Using a rubber spatula, transfer the falafel batter to a medium mixing bowl. Cover the bowl with plastic wrap, and chill in the fridge for at least 20 minutes. The batter can be chilled for up to 24 hours.
11. Lightly flour two large plates.
12. Using clean hands, roll about 1 ½ tablespoons of the chilled batter into a ball. Flatten the ball into a patty about 2.5 cm (1 inch) thick and put it on the floured plate. Repeat until all the batter is used.

Recipe continues on the next page.

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13. Line one clean large plate with paper towel.
14. Turn the stove or hotplate on to medium heat. Put the frying pan on the heat.
15. Put the vegetable oil in the frying pan and heat until the oil moves easily in the pan.
16. Using a spatula, put 4 to 7 patties in the pan. Cook for 1 to 2 minutes, then flip using a spatula. Cook for another 1 to 2 minutes or until the patties are golden brown.
17. Transfer the cooked patties to the plate lined with paper towel.
18. Repeat Step 15 and 16 until all the patties are cooked.
19. Put one tortilla on a clean large plate.
20. Using the back of a spoon, spread 2 tablespoons of hummus in the middle of the tortilla.
21. Put 1 piece of lettuce, about 1 tablespoon of diced tomato, and 3 falafel patties on top of the hummus.
22. Fold the bottom and top of the tortilla over the filling, then fold one side over the filling and roll up.
23. Repeat Step 19 to 21 until all the wraps are made.

Nutrition Facts		
Per 1 serving (1 wrap)		
Calories	400	% Daily Value*
Fat 16 g		21 %
Saturated 1.5 g		8 %
+ Trans 0 g		
Carbohydrate 53 g		
Fibre 12 g		43 %
Sugars 4 g		4 %
Protein 14 g		
Cholesterol 0 mg		
Sodium 630 mg		27 %
Potassium 250 mg		5 %
Calcium 200 mg		15 %
Iron 3.5 mg		19 %
5% or less is a little , 15% or more is a lot		
Nova Scotia School Food and Beverage Standard: Maximum		

Allergy information:

Contains wheat and gluten.

About this recipe:

Chickpeas, also known as garbanzo beans, are a type of legume. Legumes are type of plant and contain protein and fibre. Including plant-based proteins like legumes in your diet can help keep your heart healthy.

Substitutions:

To make this recipe wheat and gluten-free, use certified gluten-free canned chickpeas, all-purpose flour, wraps, and hummus.

Canola oil can be used instead of olive oil.

Storage information:

The cooked falafel can be stored in an airtight container in the fridge for 4 to 5 days.

The falafel wraps can be stored in the fridge in an airtight container for 2 days.