



Falafel Wraps

RECIPE

Ingredients

420g Chickpeas / 1 Onion (chopped) / 2 Cloves Garlic /
1/4 cup Parsley (chopped) / 1 tsp Ground Cumin /
Optional - Pinch of Cayenne Pepper (HOT) /
1 tsp Baking Powder / 3 tbs Plain Flour / Oil Spray

Method

1

Drain and rinse chick peas and dry well. Place into a food processor with onion, garlic, parsley, spices and baking powder. Process until a paste forms. Transfer to a bowl and add enough of the flour until mixture holds together. It is best to mix the flour in using your hands.

2

Preheat oven to 200°C. Line a baking tray with baking paper. Shape tablespoon-fuls of mixture into small patties and arrange on tray. Spray well with oil spray and bake for 20-25 minutes until golden and dry. If you prefer, rather than oven baking you can also shallow fry the falafels.

3

For expedition - Cold Falafels can be packed in a zip lock bag. Eat in tortilla wraps, pita bread or lebanese bread with cherry tomatoes, cucumber, & mixed lettuce leaves. (If a winter expedition, you can add hummus, as long as you eat it by day 2.) If for dinner - falafels can be broken up and heated in the Trangia cooker with a splash of water.