

FALAFEL KEBABS

DIFFICULTY: EASY READY IN: 30 MINUTES SERVES: 4

Homemade falafel kebabs are an easy, quick dinner. Make them as a vegetarian meal or up the delicious factor with the addition of bacon!

QUICK PRINT



INGREDIENTS

FALAFELS

- 800 g chickpeas in spring water (2 cans/1lb 12oz)
- 1 small red onion
- 2 cloves garlic
- 2 Tbsp plain flour
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp harissa spice rub
- 2 Tbsp olive oil

SALAD

- 1 Lebanese cucumber
- 2 tomatoes
- 50 g feta cheese (1.8oz)
- 2 carrots
- 4 wheatmeal Lebanese bread
- 200 g streaky bacon (optional) (7oz)
- 60 g baby spinach (2.1oz)

YOGHURT SAUCE

- 1/4 cup plain unsweetened yoghurt (60ml)
- 1 Tbsp lemon juice
- 1 Tbsp cold water
- 1 tsp honey
- 1 tsp dijon mustard

INSTRUCTIONS

1. MAKE FALAFELS

Drain chickpeas and pat dry with paper towels. Place in food processor*. Roughly chop the onion and add to food processor with the garlic, flour, cumin, coriander and harissa. Season well with salt and pepper, then process to form a rough paste. Shape into small patties (about two tablespoons of mixture per falafel) and place in fridge to chill while you prepare other ingredients.

2. PREPARE SALAD

Dice cucumber, tomatoes and feta. Grate carrots.

3. MAKE SAUCE

Whisk together the yoghurt, lemon juice, water, honey and mustard until smooth.

4. COOK FALAFELS

Heat the olive oil in a large frying pan over a medium-high heat. Fry falafel patties for a couple of minutes on each side, until golden and crisp on the outside. You may need to do this in batches. Remove from the pan, place on a plate and cover with tinfoil to keep warm. Toast each Lebanese bread in the frying pan for 30 seconds on each side. Keep warm. Use the same frying pan to cook the bacon, if using.

5. SERVE

Assemble the kebabs by placing the falafel, bacon, salad and a generous drizzle of sauce on top of each Lebanese bread and roll up to enclose filling. Wrap the end in tinfoil for easier eating, if you like.

*If you don't have a food processor you can use a potato masher instead. You will need to finely dice the onion and garlic beforehand.

RECIPE NOTES

WINE MATCH: A Chardonnay.

GLUTEN-FREE OPTION: Use gluten-free plain flour in place of the standard flour. Swap Lebanese bread for gluten-free wraps, or eat meal as a falafel salad instead.

VEGETARIAN OPTION: Omit the bacon.

LOW-CARB OPTION: Eat meal as a falafel salad rather than a kebab (omit the Lebanese bread).

STORING AND REHEATING: Wrap prepared kebabs in tinfoil and reheat in a toasted sandwich maker.

Alternatively you can store all of the components separately, then reheat the falafel, bacon and bread in the microwave and assemble kebabs just before eating.

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