



## JERNEJ KITCHEN

# EASY FALAFEL WRAP WITH HUMMUS YOGURT SAUCE (15-MINUTE)

*This easy homemade falafel wrap recipe is easy to follow and made in just 15-minutes. Packed with spices, veggies and light sauce, and crispy, vegan falafel.*

MAKES	16	FALAFEL BALLS OR SERVES 4 PEOPLE
PREPARATION:	10	MINUTES
COOK:	5	MINUTES
TOTAL TIME:	15	MINUTES

### FALAFEL

- 250 g dried chickpeas (8.8 oz)  
(soaked in water overnight)
- 1 onion, chopped
- 2 cloves of garlic
- 1 handful fresh parsley
- 1 handful fresh coriander / cilantro  
(optional)
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp sesame seeds
- 1 tsp tahini (optional)
- zest of 1/2 bio lemon
- 1 tbsp Ribella natural Hummus
- 1/4 tsp ground chili
- 2-3- tbsp coconut flour (or chickpeas  
flour)
- 40 ml olive oil (for frying)
- 250 ml vegetable oil (for frying)
- 1/2 tsp baking powder

### FALAFEL INGREDIENTS

Place drained chickpeas, chopped onion, garlic, parsley, cilantro (optional), cumin seeds, coriander seeds, sesame seeds, tahini (optional), lemon zest, pinch of salt, [Ribella Hummus](#), chili powder, coconut flour (or chickpeas flour) and baking powder in a blender. Blitz until you get a nice, sticky mixture with small grains still visible. Scoop out the falafel mixture and shape into small balls (or discs). The recipe should make around 16 balls (approx. 40g / 1.4 oz each).

### DEEP FRY OR PAN FRY

Place a large skillet with oils over medium-high heat. Once the oil is hot, approx. 180 C / 350 F (lightly sizzling), carefully drop the falafel balls into the oil. If necessary, work in batches. Fry for about 4 - 6 minutes or until nice, golden-brown and super crispy on the outside. Transfer to a plate covered with paper towels to drain any excess fat. If you will decide not to deep-fry the falafel, you can pan-fry them as well. In that case, place a skillet with 2 tbsp of oil over medium-high heat. Add the falafel balls and cook for about 10 minutes, turning occasionally.

### HUMMUS YOGURT SAUCE

Combine all the ingredients in a bowl to get a nice, silky sauce. Season to taste with salt and pepper. Keep refrigerated until needed.

### SERVE

If time allows you, make homemade [skillet flatbread](#), it's the best. Other good options are pita bread or even tortillas. You will need 4 flatbreads. Spread 2 tbsp of [hummus](#) over each

## HUMMUS YOGURT SAUCE

60 g greek yogurt (2.1 oz)

1 tbsp olive oil

1/4 tsp ground cumin

1/4 tsp dried parsley

1/4 tsp dried coriander

1/4 tsp paprika powder

salt, pepper

2 tbsp water

## SERVE WITH

[Skillet flatbread](#)

seasonal vegetables (tomatoes,  
cabbage, cucumber)

80 g Ribella natural Hummus (2.8 oz)

flatbread. Add sliced seasonal vegetables (tomatoes, cucumber, cabbage) and 3 - 4 fried or baked falafels. Drizzle with hummus yogurt sauce and optionally sprinkle with fresh parsley. Serve immediately and enjoy.

## TOOLS AND EQUIPEMENT

Sponsored

blender

skillet

plate

paper towels