

Ingredients - Provides 20 portions

- Spray oil
- 1 large onion finely diced
- 1 tsp ground cumin
- 1 tsp paprika
- 1.6 kgs chick peas drained and rinsed
- 4 tbsp tahini
- 4 tbsp flour
- 20 pita breads, or wraps
- 2 cups tomatoes, diced
- 2 cups cucumber, sliced
- 2 heads of lettuce, shredded
- 4 cups plain yoghurt



Method:

1. Spray pan with oil and saute onion
2. Add spices and cook for a further 30 seconds
3. Mash chickpeas then add tahini and flour
4. Combine onion mixture with chickpea mixture
5. The mixture should hold together, roll in small balls
6. Spray pan with oil and pan fry falafels
7. Serve the patties on pitas, add the tomatoes, cucumber and lettuce.
8. Top with yoghurt and serve.

Food Group	Serves provided per portion
Vegetables	1.1
Grains (cereal) foods	0.5-1
Milk, yoghurt and cheese	0.25
Meat and alternatives	0.5