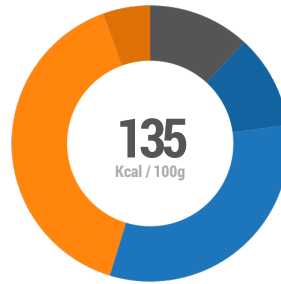


Beetroot Falafel

Falafel made with chickpeas & beetroot, with Moroccan inspired houmous & yoghurt dressing

By Mark Irish from Brakes

Overview ...



CALORIES:

42.8% Carbs

11.9% Protein

45.3% Fat

Food Labelling...

Serves 1

CONTAINS:



SESAME



SOYA

MAY CONTAIN:



WHEAT



ALMONDS

OTHER PROPERTIES:



VEGETARIAN



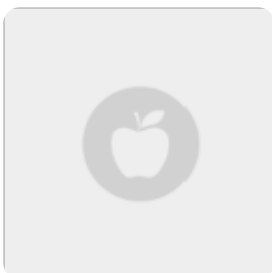
VEGAN

Recipe Ingredients ...

	Quantity:	Description:
129080 Gosh! Beetroot Falafel Bites	88g	4x Each
74817 Pomegranate Seeds	10g	
118561 Alpro Plain Yoghurt Alternative 500g	20g	
116334 BD Foods Green Chilli, Coriander, Lime & Mint	10g	
129210 Brakes Moroccan Inspired Houmous	50g	
103550 Summer Salad Mix - BRAKES	50g	0.2x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

228g / 327kcal

1

Preparation:

Mix the plant based yoghurt with the chilli, coriander, lime & mint dressing

Method:

1. Cook the falafel bites according to the packaging guidelines
2. Spoon the houmous onto your chosen serving dish
3. Drizzle the yoghurt dressing on to the plate
4. Arrange the falafel over the houmous
5. Garnish with the salad and pomegranate seeds - serve!