

Lettuce Wrap with Falafel

Servings: 6

Prep Time: 20min

Cook Time: 10min



Ingredients

FOR THE FALAFEL

- 2 cans chickpeas
- zest of 1 lemon
- 1 tbsp harissa paste
- 3 heaped tsp cake flour
- 1 bunch fresh coriander
- olive oil

FOR THE SALAD

- 5-8 radishes
- 4-6 baby carrots

- 1 baby cabbage, finely sliced
- ¼ cup olive oil
- 1 teaspoon castor sugar
- juice of 1 lemon

TO SERVE

- 6-10 lettuce leaves (whole)
- sprouts

Directions

1. Drain the chickpeas and put them in a food processor. Add the zest of 1 lemon, a pinch of salt and pepper, the harissa paste, flour and the coriander stalks. Blend until smooth, scraping down the sides of the food processor.
2. With clean wet hands, shape the mixture into falafels about 1.5cm thick.
3. Put some olive oil in a frying pan and cook until they are golden and crisp.
4. For the salad, finely slice the radishes, baby carrots, remaining coriander leaves and cabbage.
5. Make a dressing by whisking the juice of 1 lemon, the olive oil and the sugar together. Pour this over the chopped salad ingredients and season with salt and pepper.
6. Place a heaped spoonful of salad in the lettuce leaf and the falafel on top. Garnish this with sprouts and fresh coriander leaves. Fold the leaf over and secure with a toothpick or short skewer. (You might need two lettuce leaves per portion.)

