



## Quinoa Falafel Wraps

Prep Time: 20 min

Cook Time: 1 hour

Serves: 4

### NUTRITION FACTS, PER SERVING:

446 calories

15 g fat

650 mg sodium



### DIRECTIONS:

**INGREDIENTS:** **\*\* Items not included in kit**

#### PICKLED SLAW

- 1 TB sugar\*\*
- 1/4 cup cider vinegar
- 1/2 tsp salt\*\*
- 1/2 cup shredded carrots
- 2 cups shredded cabbage

#### FALAFEL

- 1 cup quinoa, cooked and cooled
- 1 (15 oz.) can chickpeas
- 2 garlic cloves
- 1/2 bunch green onions, discard root end
- 1/4 cup fresh parsley
- 1/4 cup fresh cilantro
- 1/2 lemon juiced
- Salt & pepper, to taste\*\*
- 1/2 tsp baking powder\*\*
- Falafel Spice Blend (1 tsp coriander, 1/4 tsp cayenne pepper, 1 tsp cumin)
- 2 eggs slightly beaten
- 5-6 TB vegetable oil\*\*

#### TOPPINGS

- 4 whole wheat wraps
- Lettuce leaves
- 1 cup Tzatziki sauce
- Fresh mint, torn for garnish

**PICKLED SLAW:** Whisk together **1 TB sugar, cider vinegar and 1/2 tsp salt** until well combined. Pour over **shredded carrots and cabbage**. Let it soak in the refrigerator for 30 minutes then drain well.

#### FALAFEL:

1. Rinse **quinoa** in a strainer under running water to remove any debris, then combine with **2 cups water** in a saucepan. Bring to a boil, reduce heat to low and simmer covered for 20 minutes, until quinoa is cooked all the way through until fully sprouted. Remove from heat, set aside to cool.
2. Preheat oven to 350 degrees. Drain, rinse, and pat dry the **chickpeas**. Spread out into a single layer on a sheet tray with sides. Bake for 10 minutes or just long enough that the chickpeas start to look a bit dry.
3. In a food processor or blender, combine **2 garlic cloves, 1/2 bunch green onions, 1/4 cup parsley, 1/4 cup cilantro, 1/2 lemon juiced, salt & pepper, 1/2 tsp baking powder, and Falafel Spice Blend**. Pulse until everything is minced. Transfer to a large bowl. Place **chickpeas** in the food processor and pulse until the chickpeas resemble a coarse meal, don't over process. Place in the bowl with the herb/spice mixture. Add the **2 beaten eggs and cooled quinoa**. Mix until everything is well combined.
4. To form patties, scoop out roughly 3 TB of mixture and shape into a ball. Press down slightly to form patty. Repeat with remaining mixture. Place patties in the fridge to set for 15 minutes.
5. **TO FRY:** Heat **3 TB vegetable oil** in a large non-stick skillet over medium heat. Add as many of the falafel patties as you can without crowding the pan. Cook 5 minutes on one side, flip and cook for another 5 minutes. Repeat with the remaining falafels, adding extra oil as needed.  
**TO BAKE:** Preheat oven to 375. Spray a cookie sheet with nonstick spray. Place falafel patties on sheet and bake 10-12 minutes. Carefully flip patties and bake for another 10-12 minutes or until cooked through and crispy.
6. **TO ASSEMBLE:** Place a handful of **lettuce leaves** on center of **wrap**, top with **falafels, Tzatziki sauce, Pickled Slaw**, and torn pieces of **fresh mint**. Take bottom half of the tortilla, fold over the stuffing, fold in sides and finish rolling together to make the wrap.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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