



Recipe name:

Tan Tan Ramen

Recipe description:

Try our easy homemade falafel ball recipe to create delicious vegetarian wraps loaded with falafels, fresh salad, PEPPADEW® Sweet Piquanté Peppers & tahini sauce.

Prep time:

10 mins

Cook time:

30 mins

Serves:

4

Made with:

PEPPADEW® Sweet Piquanté Peppers

Course:

Lunch

Occasion:

Picnic / Vegetarian / Vegan

Ingredients:

- ½ white onion
- 2 cloves garlic
- ½ cup parsley
- ½ cup coriander
- 1 can chickpeas, drained and patted dry
- 100 g PEPPADEW® Sweet Piquanté Peppers Mild chopped or Mild Whole, drained
- 1 tsp lemon juice

- 1 tsp salt
- 1 pinch of black Pepper
- 1 tsp baking powder
- 2 tsp ground cumin
- 1 tsp ground coriander
- 4 Tbsp flour
- 3 Tbsp breadcrumbs
- 2 Tbsp olive oil
- 2 Tbsp Tahini to serve

Method:

1. Make sure the chickpeas and PEPPADEW® Sweet Piquanté Peppers Mild Chopped or Mild Whole are well dried by patting them with paper towel.
2. Roughly chop the onion, garlic and parsley, and add it to the bowl of a food processor. Pulse to chop.
3. Add the chickpeas, lemon juice, salt, pepper, baking powder, cumin, coriander, chickpea, flour, and breadcrumbs. Pulse until the mixture comes together when pressed but is still chunky. Do not over-blend.
4. Heat the oil in a frying pan over a medium heat. Form falafel patties and fry until golden and crispy, about 5 minutes per side.
5. To assemble the falafel wraps, warm the flatbread, then top with greens, tomato, onion, falafel and PEPPADEW® Sweet Piquanté Peppers Mild Chopped or Mild Whole.
6. Drizzle generously with tahini sauce and serve with a wedge of lemon.