

Less than 30 minutes

Serves 4

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Ingredients:

- 2-3 tubs (190g each) PnP falafel balls, reheated
- 1 can (400g) chickpeas, rinsed
- Olive oil
- 1 tsp (5ml) smoked paprika
- 1 tsp (5ml) ground cumin
- Salt and milled pepper
- 1 tub (120g) each PnP beetroot hummus and PnP butternut or plain hummus
- Handful each fresh parsley and dill, roughly chopped
- 1 small tub (125ml) plain yoghurt
- 1-2 packets (6's) pitas, toasted

Salad:

- 1 punnet (250g) cherry tomatoes, halved
- 1 small cucumber, diced
- ½ red onion, sliced
- 2 discs (80g) feta
- 1 packet (200g) PnP calamata olives, drained
- Salad dressing of choice
- Dried origanum, for sprinkling

GOOD IDEAS:

Replace falafel balls with PnP beef or lamb meatballs if you like.

You can also use regular hummus or bean pâté as a tasty alternative.

Method:

1. Preheat oven to 200°C.
2. Place falafel on one side of a baking tray and chickpeas on the other half.
3. Drizzle olive oil on chickpeas and falafels and add spices and seasoning.
4. Roast for 15 minutes.
5. Swirl the beetroot and butternut or plain hummus together on a platter and top with roasted chickpeas and falafel.
6. Drizzle with olive oil and scatter herbs on top.
7. Toss tomatoes, cucumber, onion, feta and olives with dressing and sprinkle origanum on top.
8. Serve hummus and falafel platter dotted with yoghurt with warm pitas and salad on the side.