


# Falafel and Hummus Pita

## Background

Common across the Middle East, falafel are fried balls made from ground chickpeas, traditionally served in pita bread or flatbread, along with tomato and cucumber salad and hummus. Children can choose additional fillings such as lettuce, shredded cabbage and chilli sauce.

## High in fibre, calcium and iron

Portion sizes		Nutrients per 100g	
Population Group	Portion size (g)	Nutrient	Amount Units
Primary, 7-10 yrs	165	Energy	448.7 kcal
		Fat	20.9 g
Secondary, 11-18 yrs	247	SatFat	2.5 g
		Carb	56.1 g
		NMES	0 g
		Fibre	7.8 g
		Prot	13.3 g
		Iron	5.3 mg
		Calc	215.6 mg
		Vit A	120.9 µg
		Fol	31.9 µg
		Vit C	28.5 mg
 Time 1½ hours		Sodium	424.8 mg
		Zinc	1.8 mg



## Ingredients

	6	12	24	48
<b>Primary portions</b>	6	12	24	48
<b>Secondary portions</b>	4	8	16	32
<b>Falafel</b>				
chick peas, drained and rinsed	275 g	550g	1100g	2200g
breadcrumbs, homemade	15g	30g	60g	120g
flour, white, plain	30g	60g	120g	240g
onions, finely chopped	100g	200g	400g	800g
garlic, finely chopped	20g	40g	80g	160g
baking powder	2.5g	5g	10g	20g
ground cumin	5g	10g	20g	40g
coriander, ground	5g	10g	20g	40g
pepper, cayenne	2.5g	5g	10g	20g
flat leaf parsley, fresh	20g	40g	80g	160g
pepper, black, to taste	5g	10g	20g	40g
sunflower oil, for frying	100g	200g	400g	800g
<b>Hummus</b>				
chick peas, drained and rinsed	240g	480g	960g	1920g
lemon juice	10g	20g	40g	80g
garlic, finely chopped	10g	20g	40g	80g
tahini paste	15g	30g	60g	120g
water	100ml	200ml	400ml	800ml
paprika powder	2.5g	5g	10g	20g
<b>For assembly</b>				
pita bread	150g	300g	600g	1200g
cucumber, cut into small cubes	50g	100g	200g	400g
tomatoes, raw, cut into small cubes	50g	100g	200g	400g

## Method

### Method for Falafel

1. Combine the onions, garlic, chickpeas, breadcrumbs, parsley, flour, baking powder, cumin, coriander, cayenne pepper, and black pepper in a food processor until the mixture has a paste-like consistency. The mixture should look fairly green from the parsley.
2. Cover and refrigerate for at least ½ hour.
3. Form the mixture into small balls.
4. Deep-fry the balls, in batches.

### Method for Hummus

1. Combine the chickpeas, lemon juice, garlic, water and tahini. Blend them together in a food processor to form a creamy purée.
2. Place in a dish and garnish with a sprinkle of paprika.

### Method for assembly

1. Put together the falafel meals by placing a generous layer of hummus inside a pita bread, and adding falafel balls, and tomato and cucumber salad. Students can then add other fillings.



## Serving suggestion

Green salad, shredded cabbage, chilli sauce and chips or potato wedges