THE LIGHTER PLATE METHOD

Falafel Salad with Tahini Yoghurt

Baked rather than fried falafel over a big herby salad, with a tahini yoghurt that ties it together.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**20 min**	**35 min**	**4**	**EASY**

Ingredients

- 2 x 400g tins chickpeas (drained)
- 1 small handful flat-leaf parsley
- 2 cloves garlic
- 1 tsp ground cumin
- 150 g mixed salad leaves
- 150 g cherry tomatoes (halved)
- 150 g natural yoghurt
- 2 tbsp tahini
- 1 lemon (juiced)

Method

1. Heat the oven to 200°C (fan 180°C) with a lined baking tray inside to heat up.
2. Blitz the chickpeas, parsley, garlic and cumin in a food processor until combined but not smooth. Shape into 12 patties.
3. Place on the hot tray, spray or brush lightly with oil, and bake for 20 minutes, turning halfway, until golden and crisp.
4. Mix the yoghurt, tahini and lemon juice with a splash of water to loosen.
5. Toss the salad leaves and tomatoes, top with the warm falafel and drizzle generously with the tahini yoghurt.

Tips & swaps

- A hot tray from the start is what gives baked falafel a crisp base — don't skip preheating it.
- These freeze well before baking for a quick meal later.

Storage & reheating

Falafel keep in the fridge for 3 days; reheat in the oven to re-crisp.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**16g**	**34g**	**15g**	**10g**

Estimated values, for guidance only. Contains: Sesame, Milk.