DietCloud – Recipe

Recipe Name: Waffled Falafels and Vegetables Recipe

Diet Type: Vegetarian

Course: Dinner

Cuisine: Mediterranean

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Kabuli Chana (White Chickpeas) - soaked overnight	3
• 1/2 cup Kabuli Chana (White Chickpeas) - soaked overnight and cooked until tender	
• 1 Onion - finely diced	
• 2 cloves Garlic - finely minced	
• 2 tablespoons Parsley leaves - chopped	
• 2 tablespoons Coriander (Dhania) Leaves - chopped	
• 1/2 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 tablespoon Lemon juice	
• 2 Dry Red Chillies - or 1/2 teaspoon chilli powder	
• 1/2 teaspoon Whole Black Peppercorns - freshly ground	
• 8 Sun Dried Tomatoes - soaked in hot water for 10 minutes	
• Salt - to taste	
• 1 Cauliflower (gobi) - cleaned and cut into florets	
• 2 cups Kaddu (Parangikai/ Pumpkin) - diced into1 inch pieces	
• 1 Red onion - halved and coarsely sliced	
• Green olives - A few	
• 1/4 cup Beetroot - diced and blanched	
• Mooli/ Mullangi (Radish) - A few thinly sliced	
• Lettuce leaves - as required	
• 1 tablespoon Extra Virgin Olive Oil	
• 1 tablespoon Lemon juice	
• Black pepper powder - to taste	
• Salt - to taste	

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- 1 tablespoon Tahini
- 1/2 Garlic
- 2 teaspoons Lemon juice
- Black pepper powder - to taste
- Salt - to taste

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Preparation

• To cook the Waffled Falafel and Vegetables Recipe, bring all the ingredients together and keep them ready.
• Roast Cauliflower and Pumpkin in a 200 degree preheated oven for 20 mins or until roasted (flip once in between).
• Mix Salad leaves, onions, radish, olives, beets and set aside.
• Whisk together olive oil, lemon juice, salt and cracked pepper using a fork in a small bowl and drizzle on the salad just before serving.
• In a small bowl add Tahini, garlic, lemon juice, salt and pepper.
• Whisk until the mixture is homogeneous.
• Squeeze out the excess water from the sundried tomatoes in hot water (Skip this step if using lemon juice instead).
• In a food processor, add overnight soaked chickpeas along with soaked and cooked chickpeas, prepared sun-dried tomatoes (or lemon juice), cumin powder, coriander powder, red chillies (or chilli powder), salt, lemon juice, pepper and process into a coarse mixture.
• To this mixture add the chopped coriander, parsley, chopped onion and minced garlic and gently bring everything together.
• Set this mixture aside for half an hour so that the chickpeas soak in all the flavours.
• Now heat the greased waffle iron and make a ball (slightly bigger than a lemon) from the prepared chickpea mixture and press to make the waffled falafel.
• Plate the waffle with roast vegetable salad and sauce dressing (Tahini dressing can be substituted with beaten yoghurt).
• Serve this Waffled Falafel and Vegetables with a lemon wedge for an added tang.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)