

FOOD♥DECO

Falafel Wraps with Grilled Veggies, Homemade Salsa, Red Cabbage and Whipped Feta

For the falafel

1 x 400 g tin of chickpeas
1 lemon
1 tablespoon harissa
1 heaped teaspoon allspice
1 heaped tablespoon plain flour
1 bunch fresh coriander
olive oil

For the sides

2 mixed-colour peppers
4 spring onions
4 small wholewheat tortillas

optional: pickled red cabbage

optional: Whipped Feta

For the salsa

1 big handful mixed-colour ripe tomatoes
½ –1 fresh red chilli
½ clove of garlic
1 lime

Drain the chickpeas and put them into the processor • Finely grate in the lemon zest, then add a pinch of salt and pepper, the harissa, allspice, flour and coriander • Blitz until smooth, scraping down the sides of the processor if needed • Scrape out the mixture and use clean, wet hands to quickly divide and shape it into 6 patties • Put 1 tablespoon of oil into the frying pan and add the falafels, turning when golden and crisp • Rip the seeds and stalks out of the peppers, tear each one into bite-sized chunks and put on the griddle pan with the trimmed and halved spring onions and a pinch of salt and pepper, turning when charred • Put the tomatoes, chilli and half the coriander leaves into the processor • Squash in the garlic through a garlic crusher, squeeze in the lime juice, whiz until fine, then season to taste and pour into a serving dish • Pop the tortillas into the microwave (800W) for 45 seconds • Squeeze the juice of half the zested lemon over the charred veggies, then take with the falafels to the table, scattering everything with the rest of the coriander • Let everyone assemble their own wraps, and serve with pickled red cabbage and whipped feta, if you like.