

Recipe

BAKED DILL FALAFEL NOURISH BOWL



► ▸ Vegan, gluten-free, oil-free, refined sugar-free, nut-free

Yield: 12 falafels + 2 nourish bowls

Prep Time: 10 min

Cook Time: 35 min

Total Time: 45 min

INGREDIENTS: FALAFELS

- 1.5 cups cooked chickpeas (garbanzo beans)*
- 1/4 cup raw sunflower seeds**
- 1/2 small red onion
- 2 cloves garlic**
- 1/2 lemon, juiced
- 1/2 cup fresh dill, packed**
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp salt
- 1/4 tsp cayenne pepper (or sub chili pepper)

INGREDIENTS: NOURISH BOWL

- 1/2 cup dry quinoa
- 1/2 bouillon cube
- 1 tsp vegetable or olive oil
- 1 medium red bell pepper, thinly sliced
- 1 medium zucchini, sliced into thin coins
- 1/2 tsp each ground cumin, paprika powder, onion powder, garlic powder
- 1 tomato, chopped
- 1/4 long English cucumber, chopped
- 1/4 cup kalamata olives
- 1/2 cup hummus
- 1 cup spinach
- 1/4 cup pomegranate seeds (optional)

DIRECTIONS

1. Preheat oven to 400F (205C). Blend falafel ingredients in a food processor until well combined. With hands press into little patties, making 12 falafels. Place on a baking sheet and cook in the oven until golden brown, about 35 minutes. At halfway point, flip the patties to ensure even cooking on both sides.
2. While the falafels are baking, cook the quinoa by placing in a pot with 1 cup water and adding bouillon cube. **Tip:** crush the bouillon cube before adding so it evenly dissolves. When cooked, set aside. Bring to a boil on high, then reduce to a simmer until cooked, about 15 minutes.
3. While the quinoa is cooking, coat the bell pepper and zucchini with oil and toss in the spices. Place in the oven to cook with the falafels after the falafels have been cooking for 20 minutes. The veggies will be done when lightly browned and softened, about 15 minutes. Stir once halfway through.
4. Assemble the bowl: spinach as the base, add remaining ingredients on top, three falafels per bowl. This will leave 6 falafels leftover.

NOTES

1. *This is 3/4 cup dry beans, or the amount in a 400 g can.
2. ** **Variations:** You can substitute sunflower seeds with raw walnuts, almonds, cashews, oats, or pumpkin seeds. I prefer roasted garlic; if using roasted garlic, increase this to 6 cloves. You can substitute fresh dill for fresh cilantro (coriander) or parsley. Feel free to also add roasted vegetables of your choice.
3. **Speed-it-up:** using canned chickpeas speeds up the process.
4. **Storage:** store leftover falafels in an air-tight container in the fridge for up to 4 days. Place in an air-tight container in the freezer for up to 2 months.

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