

# Baked Pumpkin Falafels with Shawarma Salad



## **Ingredients**

- 500 g roasted pumpkin (for pumpkin falafel)
- 1 tbsp Extra Virgin olive oil (for pumpkin falafel)
- 2 can chickpeas, drained (for pumpkin falafel)
- 1 clove garlic, sliced (for pumpkin falafel)
- 1 tsp salt (for pumpkin falafel)
- 1 1/2 tsp ground cumin (for pumpkin falafel)
- 1 tsp ground coriander (for pumpkin falafel)
- 1 1/2 tsp smoked paprika (for pumpkin falafel)
- 3 tsp chickpea or plain flour (for pumpkin falafel)
- 1/3 cup sesame seeds (for pumpkin falafel)
- 1/2 iceberg lettuce, shredded (for shawarma salad)
- 2 tomatoes, diced (for shawarma salad)
- 1 avocado, diced (for shawarma salad)

1/2 red onion, thinly sliced (for shawarma salad)  
1/2 cup black olives (for shawarma salad)  
1/3 cup feta, crumbled (for shawarma salad)  
1/4 bunch flat leaf parsley, chopped (for shawarma salad)  
1/4 bunch mint, chopped (for shawarma salad)  
1/2 cup plain yoghurt (for garlic sauce)  
1 tsp tahini (for garlic sauce)  
1 clove garlic, minced (for garlic sauce)  
1 tsp lemon juice (for garlic sauce)  
Salt and pepper to taste (for garlic sauce)  
1 tsp sumac (for garlic sauce)

### **Method:**

1. Using a food processor, finely chop the drained chickpeas.
2. In a separate bowl, combine chopped chickpeas, pumpkin, garlic, salt, spices, 2 tablespoons of flour, mash and mix the ingredients until it comes together, add another 2 tablespoons of flour if the mixture is too loose.
3. Freeform about 2 tbsp of the pumpkin mixture into a shape, then roll and cover it in sesame seeds and place it on a baking tray.
4. Preheat the oven to 200C. Drizzle with some olive oil. Bake for 10 minutes then flip each over and bake for a further 10 minutes until golden and crispy.
5. While the falafels are cooking, lightly toss the salad together on a serving dish.
6. To make the garlic sauce, whisk the yoghurt, tahini, garlic and lemon juice together. Adjust the consistency with some water if needed.
7. Once the falafels are cooked, place on the salad and drizzle on the garlic sauce. Sprinkle with sumac.