

Fabulous falafel vegetables wrap

Description

You know, me and my wraps. Falafel vegetables wrap this time, a big handful of greens, whatever crunchy veg needs using up, rolled into something that takes fifteen minutes and tastes like way more effort went in. If thereâ€™s a quick way to turn â€œnot much in the fridgeâ€• into something worth eating, itâ€™s usually this one.

Chickpeas do a lot of quiet work here. Nutty, filling, packed with fiber and plant protein, theyâ€™re the reason this wrap actually holds you until dinner instead of leaving you hunting for snacks an hour later. These days I go for a wholewheat wrap too, keeps you fuller for longer instead of that quick carb crash. A spoon of yogurt and a squeeze of lemon, and itâ€™s done.

BLF balance â“˜ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

9 / 10

BLF Flavour

8.5 / 10

BLF Easy

8.5 / 10

MAKE IT MORE BALANCED
Add a little extra lemon juice or a few more pickled or sharp elements if you like that profile, such as quick-pickled red onion. **(Flavour boost)**

Copyright 2024 BLF



Copyright 2024 BLF

Nourishment

Fiber: high
Veggie level: high
Keeps you full: definitely
Energy: steady
Mood: rich & satisfying

Details

Servings
2 wraps

Prep time
15 minutes

Cooking time
15 minutes

Protein
16-20gr per wrap

Print

Ingredients

- Falafel (store-bought or homemade), 8-10 pieces
- 2 Wholewheat wraps
- Â½ avocado, sliced
- Â½ red bell pepper, sliced
- **Â¼** red onion thinly sliced
- Courgette, sliced and grilled (optional)

Copyright 2024 BLF

- A few radishes, thinly sliced (optional)
- A handful of rocket salad(arugula)
- A handful of mint leaves
- A dash of Sriracha
- Tahini dressing, mixed with spoonful of Greek yogurt OR just yogurt
- Salt & black pepper

Print

Directions

- Warm the falafel according to package instructions (or fry/bake if homemade) until crispy and hot through.
- If using courgette, slice and grill until soft with some char marks, a couple of minutes per side.
- Warm the wholewheat wraps briefly in a dry pan or the oven.
- Spread the tahini dressing (mixed with yogurt, or plain yogurt) across each wrap.
- Layer on the rocket, red onion, radishes, red pepper, avocado and mint leaves (and grilled courgette if using).
- Add the warm falafel on top, add a dash of sriracha, season with salt and pepper.
- Silence & eat

Copyright 2024 BLF