



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 there's a quick way to turn "not much in the fridge" into something worth eating, it's usually this one.

Chickpeas do a lot of quiet work here. Nutty, filling, packed with fiber and plant protein, they'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 it's done.

BLF balance ~ 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)**



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



Ingredients

- Falafel (store-bought or homemade), 8-10 pieces
- 2 Wholewheat wraps
- ½ avocado, sliced
- ½ red bell pepper, sliced
- ¼ red onion thinly sliced
- Courgette, sliced and grilled (optional)

- 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



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