



hello@hellofresh.com.au | (02) 8188 8722  
HelloFresh.com.au



WK42  
2016

## Falafel Pita Pockets with Beetroot, Pomegranate & Walnut Dip

Woohoo! Kebab night! Don't worry – we're keeping it healthy with this tasty falafel wrap. If you haven't tried this beetroot, pomegranate & walnut dip before, get ready. It really is out of this world!



Prep: 10 mins



Cook: 10 mins



Total: 20 mins



level 1



high fibre

### Pantry Items



Olive Oil



Roma Tomato



Parsley



Mint



Falafel



Pita Pockets



Greek Yoghurt



Beetroot, Pomegranate  
& Walnut Dip



Gem Lettuce

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
1	2	roma tomato, diced
½ bunch	1 bunch	parsley, finely chopped
1 bunch	2 bunches	mint, finely chopped
2 tsp	1 tbs	olive oil *
1 packet	2 packets	falafel
4	8	pita pockets
1 tub	2 tubs	Greek yoghurt
1 tub	2 tubs	Beetroot, Pomegranate & Walnut Dip
1 head	2 heads	gem lettuce, finely sliced

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3380	Kj
Protein	27.6	g
Fat, total	14.7	g
-saturated	3.4	g
Carbohydrate	133	g
-sugars	15.8	g
Sodium	986	mg



**You will need:** : chef's knife, chopping board, medium bowl, oven tray lined with baking paper, aluminium foil and small bowl

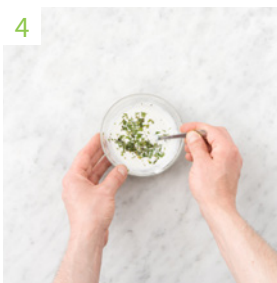
**1** Preheat the oven to 200°C/180°C fan-forced.

**2** Combine the **tomato**, **parsley** and half of the **mint** in a medium bowl. Drizzle with **olive oil**. Season with **salt** and **pepper** and then toss to combine. Set aside.

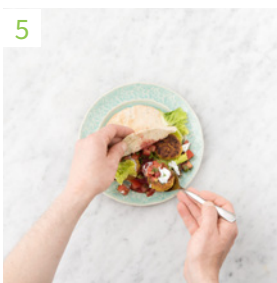


**3** Place the **falafel** on the prepared oven tray. Wrap the **pita pockets** in a foil pouch and place on tray next to the falafel. Cook in the oven for **8 minutes** or until warmed through.

**4** Meanwhile, in a small bowl combine the **Greek yoghurt** and remaining mint.



**5** To serve, halve the pita pockets and fill with tomato and herb salad, falafel, **Beetroot, Pomegranate & Walnut dip**, **gem lettuce** and a dollop of minted yoghurt.



**Did you know?** Pita bread has been in existence for at least 12,000 years in Middle-Eastern countries.