

Middle Eastern Falafel Mezze Plate

Welcome to the wonderful world of mezze plates! Commitmentphobe at dinner time? Ever want to just have a little nibble on all your favourites? These delectable offerings prepared with a little TLC will satisfy the very pickiest of picky eaters. Freshly-made falafels, hummus and sweet cherry tomatoes are sure to satisfy.



Prep: 10 mins Cook: 20 mins Total: 30 mins



level 1



outdoor dining



veggie







Roma Tomatoes





Mint





Pumpkin















2P	4P	Ingredients	
2	4	Roma tomatoes, diced	
½ bunch	1 bunch	parsley, roughly chopped	
1 bunch	2 bunches	mint, roughly chopped	
1/2	1	lemon, juiced	#
1/2	1	pumpkin, peeled & cut into 2 cm cubes	
1 tbs	2 tbs	olive oil *	
½ sachet	1 sachet	ground cumin (recommended amount)	
1 packet	2 packets	falafels	
3	6	Lebanese breads	
1 tub	2 tubs	hummus	

#	Ingredient features
	in another recipe
*	Pantry Items

r direry recirio

Pre-preparation

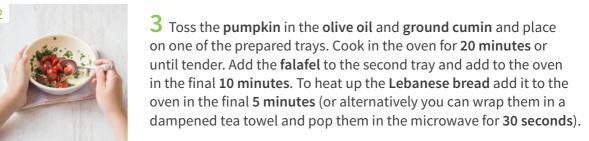
Nutrition per serv	е
--------------------	---

Energy	2980	Kj
Protein	15.2	g
Fat, total	32.7	g
-saturated	5.5	g
Carbohydrate	86	g
-sugars	20.4	g
Sodium	766	mg



You will need: chef's knife, chopping board, small bowl and two baking paper lined oven trays.

- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Combine the Roma tomatoes, parsley, mint, a squeeze of lemon, a drizzle of olive oil and a good grind of salt and pepper in a small bowl. Set aside for the flavours to develop.





4 To serve, create a mezze plate by dividing the pumpkin, falafel, parsley salad and hummus between plates. Use the bread to mop up all the flavours or alternatively roll all of the ingredients up in the bread and enjoy as a wrap.



Did you know? The first mention of hummus comes from a 13th century Egyptian cookbook, but it is not known for certain from where and when the spread originated.