

Falafel Wrap with Veggies and Yoghurt Sauce

Fresh vegetables, delicious crispy falafel balls and a hearty yoghurt sauce. It is the perfect dish for a hot summer day.

Preparation time: **20 min** + Cooking time: **10 min** = **Total time: 30min**

Enough for 6 wraps. Serves 3 – 6 people

- 6 Tortilla flatbreads
- 20 Falafel Balls, fried
- ½ Lettuce head, sliced
- 3 Tomatoes, diced
- ½ Cucumber, diced
- 1 Bell pepper
- 2 Onions, minced
- 2 cloves Garlic, minced
- ½ bunch Parsley, chopped
- 2 ts. Honey
- 1 ts. Balsamic vinegar
- 300g Greek yoghurt
- 2 tb. Olive oil
- 1 Chili, sliced
- Salt
- Pepper



Simple Steps to Succeed

1. For the falafel balls, if you are using powder follow the instruction on the package. I coated mine in sesame seeds and then fried in a little olive oil in the pan.
2. Heat the olive oil in a small pan. Add the onion and braise lightly. After two minutes, add the garlic and braise lightly.
3. Add the honey, let it simmer for a minute, then turn off the heat.
4. In a bowl, mix the yoghurt, fried onion, balsamic vinegar and parsley. Season with salt and pepper.
5. If you want extra crispy wraps, you can put the tortilla in the oven for a few minutes to make them crispier.
6. Put some of the filling, tomatoes, cucumber, lettuce, bell pepper, falafel balls, yoghurt sauce and chili on the tortilla. Fold in the bottom, then roll it up.
7. Serve freshly made. If preferred, the finished wraps can be heated in the oven.