

THRIVE

Chicken and Veggie Falafels With Minty Yoghurt Dressing

Nutritional Information Per Serve:

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|------------------------|-----|
| Fats: | 7g |
| Carbs: | 10g |
| Protein: | 21g |
| Sugar: | 3g |
| <u>Total Calories:</u> | 183 |

Serves: 6 People

Cooking Time: 30mins

Ingredients:

Falafels

400g chicken mince
1 cup grated carrot (about 2 carrots)
2 tablespoons sesame seeds
1 teaspoon sesame oil
2 tablespoons chopped fresh mint
400g can lentils, drained
1 clove garlic, chopped
1 spring onion, chopped
1 egg
1 teaspoon ground cumin

Dressing

1 cup plain, low-fat yoghurt
1 tablespoon chopped fresh mint
1 tablespoon lemon juice
½ clove garlic, chopped (optional)

Method:

Combine all falafel ingredients in a large bowl.

Mix together well (use your hands if you like).

Form into patties. Do this ahead, if preferred, and refrigerate, covered, for up to 2 hours.

To make dressing, combine all ingredients in a small bowl.

When ready to cook patties, heat a pan or barbecue grill to a medium heat.

Spray with oil.

Add patties and cook until golden and cooked through – about 8 minutes each side.

Serve with salad and bread rolls, or in burger buns or pita breads, with a dollop of dressing