

ROAD NOTES HEALTHY RECIPE
(RVegan_life @ Instagram)

Falafel with Vegan Greek Tzatzki sauce



Ready in 60 **minutes**

Serves **1 serving**

Falafel Ingredients

- 2 cans Chickpeas
- 1 cup red onions
- 4 garlic cloves
- ¼ cup parsley
- 2 tsp cumin
- 1 tsp red pepper
- 1 tsp salt and pepper each
- 1 tbsp lemon juice
- 1 cup breadcrumbs

Tzatziki Ingredients

- 225g firm tofu (1/2 block)
- 2 tsp olive oil
- 2 garlic cloves
- 1 tbsp lemon juice
- 1 tsp apple cider vinegar
- 1 tsp dill
- ¼ tsp salt and pepper each
- ½ pcs cucumber

Falafel Preparation

1. Place all ingredient in a blender or food processor, except for the breadcrumbs, and mix well.
2. Empty into a large bowl and add the breadcrumbs and mix with a spoon or hands.
3. Cover and chill in fridge for 1-2 hours.

4. Form Falafel dough into small balls or burger patties and fry in a pan with some olive oil till golden brown.
5. Enjoy your Falafel!

Tzatziki Preparation

1. Place all ingredient in a blender or food processor, except for the cucumber, and mix well.
2. Cut cucumber length wise and remove the center seeds to avoid too much moisture.
3. Add cucumber to the mixing bowl and mix well again until the dressing is creamy.
4. Add sauce to the Falafels and serve with peta bread. You can add some cucumber, lettuce, tomato, and onions.



Meal Information

Calories:

Protein:

Fat:

Carbs:

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