

# Homemade Falafel Wraps

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## **Ingredients**

### **Tahini Sauce:**

½ cup plain yogurt  
2 Tbs. tahini  
2 tbsp fresh lemon juice  
1 clove garlic, minced  
Pinch salt

### **Homemade Lemony Hummus:**

1 can (19 ounce) chickpeas  
3 tbsp lemon juice  
2 tbsp tahini  
2 cloves garlic, chopped  
½ tsp paprika  
½ tsp salt

### **Tabbouleh Salad:**

1 cup roughly chopped parsley  
½ cup roughly chopped fresh mint leaves  
½ cup cooked bulghur wheat  
1 cup diced tomato  
1 cup diced cucumber  
3 tbsp lemon juice  
2 tbsp olive oil  
Salt and pepper

### **Falafel Patties:**

¼ cup chopped cilantro  
¼ cup chopped parsley  
2 cloves garlic, minced  
1 can (540 ml/19 oz) chickpeas, rinsed and thoroughly drained  
1 cup cooked mashed sweet potato  
¼ cup flour  
1 tsp ground cumin  
½ tsp chili flakes  
¼ tsp salt  
2 tbsp canola oil

### **Wraps:**

4 Middle Eastern style pitas  
Shredded lettuce  
Thinly sliced red onion

## **Instructions**

**Prepare the Tahini Sauce (up to 5 days in advance):**

1. In a small bowl, stir together all of the ingredients until smooth. Cover and set aside until ready to use.

**Prepare the Hummus (up to 5 days in advance):**

1. Drain the chickpeas, reserving the canning liquid. Rinse thoroughly.
2. In the bowl of a food processor, combine chickpeas, lemon juice, tahini, garlic, paprika and salt. Process until smooth and creamy, adding as much of the reserved canning liquid as needed to get a spreadable consistency. Cover and set aside until ready to use.

**Prepare the Tabbouleh (up to 2 days in advance):**

1. Using a food processor pulse the parsley and mint until finely chopped.
2. Transfer the chopped parsley and mint to a mixing bowl, and toss with the remaining tabbouleh ingredients until combined. Season to taste with salt and pepper, then cover and chill until ready to use.

**Make the Falafel Patties:**

1. In the bowl of a food processor, process the cilantro, parsley and garlic until very finely minced. Add chickpeas, and pulse until finely chopped, but not completely pureed. Transfer to a mixing bowl, and stir in sweet potato, flour, cumin, chili flakes and salt to make a dense batter that holds its shape when rolled into a ball – if it's too wet, add more flour, 1 tbsp at a time, until it reaches the appropriate consistency.
2. Scoop out a dozen golfball-sized portions, and shape into a rounded patties.
3. In a large skillet set over medium-high heat, pan-fry the patties in oil for 3-5 minutes per side, or until golden and crisp (the patties are fairly fragile, so be gentle when flipping!). Transfer to a baking sheet lined with paper towel to drain.

**Assemble the Wraps:**

1. To assemble the wraps, carefully pull apart each pita, stopping about halfway around to form a pocket with two flaps.
2. Spread with a generous amount of tahini sauce and hummus, then fill the pocket with a handful of tabbouleh, toppings of your choice and 3 falafel patties.
3. To close up the wraps, lay a pita down on a plate with the open end facing away from you. Gently tuck the top flap over the filling and back into the sandwich, and continue the rolling motion to create a tight wrap. (If this sounds overly complicated, you can also cut the pitas in half cross-wise, then gently separate each half to make two individual pockets.) Serve immediately.