



Product Spotlight: Chickpeas

As a legume, chickpeas are a vegetable and protein food, helping you hit two important food groups together!



Falafel Cake

with Poached Eggs and Yoghurt Sauce

Homemade baked falafel cake served with poached eggs, herby cucumber salad and finished with a zingy garlic yoghurt sauce.



35 minutes



2 servings



Vegetarian

26 May 2023

Switch it up!

If you don't have a food processor, do not fear! Finely chop onion and parsley stems, and add to a bowl with remaining falafel cake ingredients. Use a potato masher to blend the ingredients.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	28g	76g

FROM YOUR BOX

RED ONION	1
PARSLEY	1 packet
TINNED CHICKPEAS	400g
LEMON	1
FALAFEL MIX	1 packet
PASTURED EGGS	6-pack
LEBANESE CUCUMBER	1
TOMATO	1
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan, food processor

NOTES

See cover for notes on how to make the falafel mix without a food processor.

Poaching eggs for 3 minutes will give you runny yolks. Cook for longer if you prefer a harder yolk.



1. PREPARE THE FALAFEL MIX

Set oven to 220°

Reserve 1/2 onion for step 3, roughly chop remaining. Roughly chop parsley stems (reserve leaves for step 3). Drain and rinse chickpeas. Zest lemon. Add to a food processor (see notes) along with falafel mix, 1 egg, **salt and pepper**. Pulse until ingredients are just combined.



2. COOK THE FALAFEL CAKE

Bring a saucepan of water to a boil.

Heat an ovenproof frypan over medium-high heat with **oil** to coat base. Add falafel mix to pan and cook for 5 minutes. Transfer pan to oven and bake for 15 minutes until golden on top.



3. MAKE CUCUMBER SALAD

Crescent cucumber and roughly chop parsley leaves. Dice tomato. Thinly slice reserved onion. Add to a bowl along with juice of 1/2 lemon (wedge remaining), **2 tsp olive oil, salt and pepper**. Mix to combine.



4. POACH THE EGGS

Reduce heat to rapidly simmer water. Crack eggs into simmering water. Poach for 3-6 minutes (see notes). Use a slotted spoon to remove eggs. Drain off any extra water.



5. MAKE THE GARLIC YOGHURT

Crush garlic and add to a bowl along with yoghurt, **salt and pepper**. Mix to combine.



6. FINISH AND SERVE

Cut falafel cake into servings. Divide among plates. Serve with cucumber salad, poached eggs, garlic yoghurt and lemon wedges.



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