

Middle Eastern Quinoa Falafel Bowl

A modern twist on the falafel bowl – Crispy baked falafels served over fluffy quinoa with fresh salad, hummus, and tahini dressing.

Prep Time: 20 min

Cook Time: 25 min

Servings: 4

Ingredients:

- 1 cup cooked quinoa
- 1 can chickpeas, drained
- 2 cloves garlic
- ½ cup parsley leaves
- 1 tsp cumin powder
- 1 tbsp olive oil
- Salt to taste
- Salad mix (tomatoes, cucumbers, lettuce)
- ½ cup hummus
- 2 tbsp tahini dressing

Instructions:

1. Preheat oven to 200°C (390°F).
2. Blend chickpeas, garlic, parsley, cumin, salt, and olive oil into a coarse paste.
3. Shape into small balls, place on a baking tray, and bake 20–25 minutes until golden.
4. Serve falafels over quinoa with salad, hummus, and tahini dressing.

Nutrition (per serving):

Calories: 370 | Protein: 14g | Carbs: 48g | Fiber: 9g | Fat: 14g | Iron: 20% DV