

A collage of Middle Eastern dishes. In the center is a green plate of golden-brown falafel balls. To the top right is a bowl of fresh tabbouleh salad with tomatoes, cucumbers, and radishes. To the top left is a bowl of white hummus with a spoon. To the middle left is a bowl of yellow pickled vegetables. In the bottom left is a stack of golden pita bread. In the bottom right is a bowl of hummus with olive oil. The text 'ARABICA' is overlaid in the center in a white, bold, sans-serif font, with a decorative diamond-patterned line below it. Below the line, the text 'DIY FALAFEL KIT' is also overlaid in the same font style.

ARABICA

DIY FALAFEL KIT



ARABICA
DIY FALAFEL KIT

INSTRUCTIONS

PREPARATION TIME:

Less than 30 Minutes

EQUIPMENT:

Deep fryer or medium saucepan
Vegetable oil for cooking
Weighing scale
Thermometer for checking the oil
Board for the formed falafels
Slotted spoon
Mixing bowl
Spoons
Paper towel

IN THE KIT

Falafel seasoning ①
Beiruti falafel base ②
Salad & herbs ③
Pickles ④
Hummus ⑤
Wrap paper ⑥
Khobez flatbread ⑦
Tahini sauce ⑧
Chilli sauce ⑨

MUSIC

Scan this QR code to download your Arabica spotify dinner playlist



Follow manufacturers guidelines when adding oil to your deep fryer or half fill a saucepan. Heat the vegetable oil to 170°C. It's important to check the temperature of the oil using a thermometer. The perfect falafel is hot and crunchy on the outside, fluffy and herby within. We've included enough mixture to make extra falafel for dunking into hummus!

1. Add the falafel seasoning ① to the Beiruti falafel base ② and mix thoroughly to ensure the seasoning (which includes a leavening agent to make fluffier lighter falafel) is evenly dispersed through the Beiruti falafel base.
2. Wash the salad and herbs ③. Cut the tomatoes and cucumber into a rough 1cm dice. Finely slice the radishes. Pick the leaves of the herbs. Roughly chop the parsley and tear the mint. Combine and transfer to a serving bowl.
3. Transfer the pickles ④ to a bowl. Spoon the hummus ⑤ onto a plate. Decant the tahini sauce ⑧ and chilli sauce ⑨ to bowls.
4. Scoop a spoonful of the falafel mix, into a falafel maker or your hand and form into walnut-sized balls, weighing approximately 30g. Flatten them slightly and place on a tray. Continue until you have finished the mixture, being careful not to upsize them, otherwise they won't cook properly – the outside will be golden brown, and the centre will still be a little raw.
5. Add the falafel in batches of 6-9 pieces and cook for about 4-5 mins, until crisp and gold brown on the outside and soft and crumbly on the inside. Remove using a slotted spoon, drain excess oil and place in a bowl lined with paper towel to remove any excess oil.

Watch our falafel instagram stories or follow the simple steps below to make the perfect falafel wrap.

6. Position the Arabica wrap paper ⑥ in portrait on your kitchen counter. Place a flatbread ⑦ on top of the paper with the right outer edge of the bread in line with the centre fold crease.
7. Place 3 piping hot falafels in the centre of each flatbread and gently squash with the back of a spoon.
8. Add a heaped spoonful of the salad & herb mix and some pickles ④ of your choice. Drizzle generously with tahini sauce ⑧ and a touch of chilli sauce ⑨, to your taste.
9. Roll the flatbreads and fold the right edge of wrap paper towards the centre (to help catch all the juices) and roll the wrap up and serve immediately.

 Share a picture @ArabicaLondon #ArabicaFalafel

INGREDIENTS

CRUNCHY PICKLES: VEGETABLES - WATER - SALT - VINEGAR

HUMMUS : CHICKPEAS - **SESAME SEED PASTE** - EXTRA VIRGIN OLIVE OIL - LEMON JUICE - GARLIC -SALT

BEIRUTI FALAFEL: CHICKPEAS - BROAD BEANS - ONION - RED PEPPER - GREEN PEPPER - PARSLEY - SALT - CUMIN - CORIANDER - GREEN CHILLI - GARLIC - **SESAME SEEDS** - BICARBONATE OF SODA

SALAD : TOMATO - CUCUMBER - RADISH - PARSLEY - MINT

TAHINI SAUCE: **SESAME SEED PASTE** - WATER - SALT - CITRIC ACID - GARLIC

CHILLI SAUCE: WATER - TOMATO - CHILLI FLAKES - **VINEGAR** (SULPHITES) - SALT

KHOBEZ FLATBREAD: **WHEAT** FLOUR - WATER - YEAST - SUGAR - SALT

ALLERGY ADVICE:

Contains sesame, gluten, sulphites.

See ingredients in **BOLD UNDERLINED**.

STORAGE:

Keep the flatbread and the falafel seasoning in a cool, dry place.

Store all other ingredients in the refrigerator below 5°C

USE BY:



HOW CAN I RECYCLE THE PACKAGING ?

Find recycling instructions for all the packaging on our website.

Scan the QR Code or go to

www.arabicalondon.com/recycling-instructions

ARABICA FOOD LIMITED. UNIT 257 GROSVENOR TERRACE, LONDON, SE5 0NP