



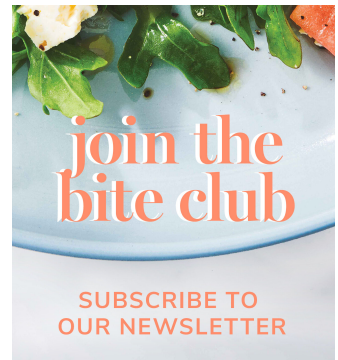
# falafel salad bowl

What do you get when you take warm baked falafel balls, pair them with crunchy veggies and smother them in a creamy, tangy dressing? This delicious Falafel Salad Bowl. With the help of little pickled gherkins that pack a tart and flavourful bite, this hearty and healthy salad is supremely satisfying.

SERVES 6



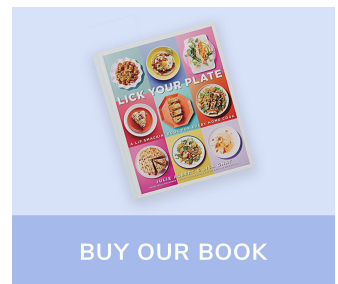
julie albert & lisa gnat



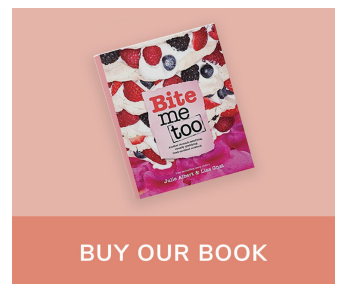
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## ingredients

### Lemon Cornichon Dressing

- 4 cornichons
- ¼ cup canola oil
- ¼ cup olive oil
- 2 tbsp apple cider vinegar
- 2 tbsp fresh lemon juice
- 2 tbsp honey
- 1 tsp Dijon mustard
- ½ tsp kosher salt
- ¼ tsp smoked paprika

### Falafel

- 2 cups canned chickpeas, rinsed and drained
- ¼ cup panko (Japanese breadcrumbs)
- 1 small shallot, chopped
- ¼ cup chopped fresh flat-leaf parsley
- 1 small garlic clove, minced
- 1 egg
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 tsp ground cumin
- ½ tsp ground coriander seed
- ½ tsp kosher salt
- ¼ tsp cayenne pepper
- 2 tsp olive oil

### Salad

- 8 cups shredded romaine lettuce
- 1½ cups diced English cucumber
- 1½ cups cherry tomatoes, halved
- 3 hard boiled eggs, peeled and quartered
- ½ cup chopped cornichons
- ½ cup chopped radishes

## directions

1. For the dressing, combine the cornichons, canola oil, olive oil, apple cider vinegar, lemon juice, honey, Dijon mustard, salt and paprika in a blender. Blend until smooth and refrigerate until ready to use.
2. For the falafel, preheat oven to 400°F. Line a baking sheet with parchment paper and set aside. Using a food processor or blender, combine the chickpeas, panko, shallots, parsley, garlic, egg, lemon juice, lemon zest, cumin, coriander seed, salt and cayenne pepper. Pulse several times until a coarse paste forms, scraping down the sides of the bowl once or twice. Shape into 20 small patties and place on prepared baking sheet. Brush tops with olive oil and bake for 12 minutes, flip and continue to bake 10 minutes more. Remove from oven and cool slightly before assembling salad.
3. In a large serving bowl, combine lettuce, cucumber, tomatoes, eggs, cornichons and radishes. Toss with a spoonful of dressing until lightly coated. Slice each falafel in half and place on top of salad. Drizzle remaining dressing over falafel and serve.

