

Falafel Mezze Bowl



Serves 2

Prep 10 mins

Cook 10

Easy

Ingredients

200g falafel

olive oil

1/2 lemon, juiced

50g young spinach leaves

4 tbsp hummus

1 roasted red peppers, roasted, skin removed and sliced into strips or from jar

1 tbsp pumpkin seeds, toasted (optional)

warm pittas to serve

1. If roasting the peppers from scratch, heat oven to 220C/Fan 200C/Gas 7. Line a baking sheet with aluminium foil. Cut out the stem and seeds and put the peppers on the sheet on their sides. Roast for 20 mins, then turn the peppers and roast for another 20 mins. If using Romano peppers, reduce the time to 10 minutes each side. The skin should now be charred and they look slightly collapsed. Allow the peppers to cool slightly, then put in a plastic bag to sweat. When completely cool, peel off the skins. They should come away easily.
2. Heat the falafels in the oven following packet instructions. Whisk 1 tbsp oil with 2 tbsp of lemon juice and season. Dress the spinach and divide between two large bowls. Add the falafel, hummus and peppers in separate piles. Scatter over the pumpkin seeds, if using and serve with pittas.

