

## Baked falafel with two dipping sauces



Baked falafel with two dipping sauces Romas Foord

**Mimi Spencer**

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*Serves 2; 334 calories per serving*

8 ready-made falafel balls  
2 wholewheat pitta breads  
Half a romaine lettuce, shredded  
1 carrot, peeled and grated  
2 ripe tomatoes, diced  
Half a red onion, finely sliced  
Sliced green jalapeño peppers from a jar (optional)  
Handful of baby spinach leaves  
Coriander leaves  
Houmous

For chilli dipping sauce  
3 garlic cloves  
1 tsp brown sugar  
1 tsp galangal or root ginger, peeled and sliced  
½ tbsp tamarind paste  
2 tsp lime juice

2 tbsp water  
Fresh coriander leaves, chopped  
2 small red chillies

**1** Preheat oven to 200C/Gas 6. Place falafel in a small foil-lined roasting tray and bake for 10-12 minutes, turning halfway through cooking. Warm pittas, slit lengthways and fill with lettuce, carrot, diced tomato, red onion, spinach leaves and coriander.

**2** Drizzle falafel with 2 tbsp houmous per portion, let down with a little water (+55 cal).

**3** Blitz chilli sauce ingredients in a food processor and drizzle 1 tbsp sauce per falafel portion (+19 cal). Serve with a napkin.

*Fast Cook by Mimi Spencer is published by Short Books, and is available from the Times Bookshop for £8.99 (RRP £9.99), free p&p, on 0845 2712134; [timesbooks.co.uk](http://timesbooks.co.uk)*

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Ms Deborah Bardsley

21 hours ago

Why is it called "baked falafel with TWO dipping sauces"? As far as I can see, there are the ingredients and instructions for only one sauce, unless the drizzle (not dunk) of humous counts.

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