

# TURKEY FALAFEL WITH GARLIC YOGURT SAUCE AND CHOPPED SALAD

 *Yields:* 4 portions

## INGREDIENTS

### For the Turkey Falafel:

1 lb	Ground BC Turkey (dark meat is best)	453 g
2 cup can or ¾ cup	Chickpeas, dried and ground* or Chickpea Flour	454 ml can or 180 ml
1 large	BC White Onion, grated	1 large
1 tbsp	BC Garlic, minced	15 ml
1 bunch	BC Italian Parsley, chopped	1 bunch
1 tbsp	BC Mint, chopped	15 ml
Juice of 1	Lemon	Juice of 1
1 tsp	Cumin	5 ml
½ tsp	Allspice	3 ml
Pinch	Cinnamon	Pinch
½ tsp	Paprika	3 ml
½ tsp	Salt	3 ml
½ tsp	Pepper	3 ml
1	BC Egg	1
¼ cup	Breadcrumbs	60 ml
¼ cup	Canola Oil	60 ml
4 pieces	Naan Bread	4 pieces
½ head	BC Lettuce, sliced	½ head
1	BC Tomato, sliced	1
1	BC Red Onion, sliced	1
1 tbsp	Sriracha (optional)	15 ml



### CHEF'S TIP

- \*To prepare dried and ground chickpeas:
1. Preheat oven to 350°F (176°C).
  2. Drain chickpeas and place them on a parchment-lined baking tray.
  3. Bake for 15 minutes.
  4. Transfer to a food processor and grind until fine.

## DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. In a bowl, combine all ingredients (other than canola oil).
3. Form the farce into 12 pucks.
4. Heat the canola oil in a frying pan.

5. Fry the Turkey Falafel until golden brown on both sides.
6. Place the Turkey Falafel onto a parchment-lined baking tray.
7. Bake in the oven for 5-6 minutes or until the internal temperature is 165° F (74°C).
8. Assemble each serving by placing 3 turkey pucks on 1 piece of Naan Bread and top with Garlic Yogurt Sauce, BC Lettuce, BC Tomato, BC Red Onion, and sriracha (if desired).

## INGREDIENTS

**For the Garlic Yogurt Sauce** - Yields: 2 ½ cups (600 ml):

2 cups	BC Greek Yogurt	500 ml
1	BC Cucumber, seeded, grated, and squeezed	1
2 tbsp	Extra Virgin Olive Oil	30 ml
Juice of 2	Lemons	Juice of 2
2 tbsp	BC Italian Parsley, chopped	30 ml
2 tbsp	BC Mint, chopped	30 ml
2 tsp	BC Garlic, minced	10 ml
Pinch	Salt and Pepper	Pinch

## DIRECTIONS

1. Combine all ingredients in a bowl and adjust seasonings accordingly.

## INGREDIENTS

**For the Chopped Salad** - Yields: 4 servings:

1 cup	BC Tomato, diced	250 ml
1	BC Cucumber, diced	1
½	BC White Onion, diced	½
1	BC Green Pepper, diced	1
¼ cup	Olives	60 ml
¼ cup	BC Italian Parsley, chopped	60 ml
Juice of 1	Lemon	Juice of 1
1 tbsp	Red Wine Vinegar	15 ml
2 tbsp	Extra Virgin Olive Oil	30 ml
Pinch	Cayenne Pepper	Pinch
½ tsp	Salt	3 ml
½ tsp	Pepper	3 ml



### CHEF'S TIP

Be sure to prep all the ingredients in advance of the event.

## DIRECTIONS

1. Combine the first 5 ingredients in a bowl.
2. In a separate bowl, make the dressing by combining the remaining 7 ingredients.
3. Toss together, adjust seasonings, and serve.