



# Kids' Falafel Mezze Style Lunch

with Houmous, Carrot, Cucumber and Apple

**Kids** 10-15 Minutes • 3 of your 5 a day

14A

Find all your unchilled Market items in bag A.



Ready to Eat Falafels



Carrot



Baby Cucumber



Apple



Houmous

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray and peeler.

## Ingredients

Ingredients	Quantity
Ready to Eat Falafels**	171g
Carrot**	2
Baby Cucumber**	1
Apple**	1
Houmous** 3)	100g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	365g	100g
Energy (kJ/kcal)	1417 /339	389 /93
Fat (g)	16.5	4.5
Sat. Fat (g)	1.7	0.5
Carbohydrate (g)	34.6	9.5
Sugars (g)	16.3	4.5
Protein (g)	9.9	2.7
Salt (g)	1.16	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 3) Sesame

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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1

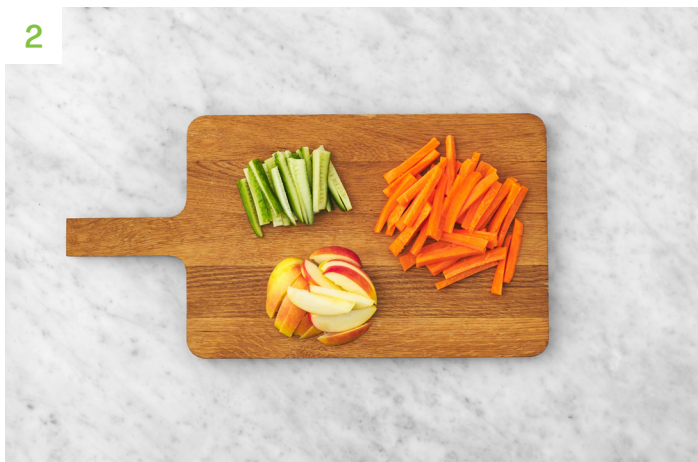


## Warm the Falafels

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7.

**b)** Place the **falafels** onto a baking tray and bake on the top shelf until golden brown, 5-8 mins. **TIP:** These falafels are best served warm, but they can be enjoyed cold straight from the packet if you prefer!

2



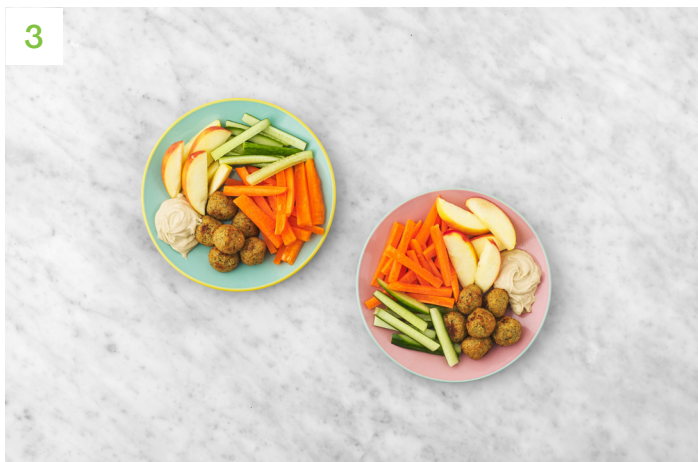
## Prep the Fruit and Veg

**a)** Meanwhile, trim and peel the **carrot**, then halve lengthways. Chop into roughly 1cm wide, 5cm long batons.

**b)** Trim the **baby cucumber**, then halve lengthways. Chop into roughly 1cm wide, 5cm long batons.

**c)** Quarter, core and cut the **apple** into wedges (no need to peel).

3



## Finish and Serve

**a)** Divide the **houmous** between your serving plates or lunch boxes and serve with the **falafel** and **veg batons** for dipping.

**b)** Pop the **apple wedges** alongside to finish.

Enjoy!