

## Vegan sweet potato falafel, with houmous & couscous salad

We love a bit of street food at The 321 Effect and these sweet potato falafels are seriously yummy and so easy to make; you can eat them hot or cold and they go perfectly with our low calorie houmous. They are oven baked and made with lots of healthy ingredients so you can enjoy them as often as you like. Try them with a salad, in a pitta or wrap, with rice or couscous, or even on their own for a quick and easy snack.

This recipe is perfectly portioned and only 25 Happy Calories per serving..... Enjoy!



### Shopping List

Ingredients	Got it	Quantity
Chickpeas	<input type="checkbox"/>	3 cans
Sweet potato	<input type="checkbox"/>	2 large
Red onion	<input type="checkbox"/>	2 medium
Spinach	<input type="checkbox"/>	2 handfuls
Lettuce	<input type="checkbox"/>	4 handfuls
Tomatoes	<input type="checkbox"/>	8 medium
Cucumber	<input type="checkbox"/>	1 large
Lemon	<input type="checkbox"/>	1 large
Garlic	<input type="checkbox"/>	1 medium
Couscous	<input type="checkbox"/>	1 packet
Tahini	<input type="checkbox"/>	1 pot
Tumeric	<input type="checkbox"/>	1 pot
Cumin	<input type="checkbox"/>	1 pot
Coriander	<input type="checkbox"/>	1 pot
Paprika	<input type="checkbox"/>	1 pot
Salt	<input type="checkbox"/>	1 grinder
Pepper	<input type="checkbox"/>	1 grinder
Low cal cooking spray	<input type="checkbox"/>	1 bottle
Vegetable stock cube	<input type="checkbox"/>	1 cube
Fat free vinaigrette	<input type="checkbox"/>	1 bottle

### Falafel ingredients

Recipe serves	Prep time	Cooking time
4 portions	20m	40m
Ingredients	Amount	
Chickpeas	2	cans
Sweet potatoes	2	medium
Red onion	1	medium
Spinach	2	handfuls
Garlic	2	cloves
Cumin	2	teaspoons
Tumeric	1	teaspoon
Coriander	1	teaspoon
Paprika	1	teaspoon
Salt and pepper	1	teaspoon each

### Falafel instructions

- Preheat the oven to 185, 175 fan oven or gas mark 5
- Pierce sweet potatoes with a fork and microwave for 8-9 minutes
- Dice the red onion and garlic
- Drain the chickpeas
- Once the sweet potato is soft, scoop out the inside and pop into a food processor
- Add all of the other ingredients and give it a blitz until it blended
- Line a baking tray with foil and spray with low cal cooking spray
- Separate your mixture into 16 and roll into balls
- Place on the baking tray and spray with low cal cooking spray
- Pop them in the oven for 40 minutes, turning halfway

### Houmous ingredients

Recipe serves	Prep time	Cooking time
4 portions	15m	N/A
Ingredients	Amount	
Chickpeas	1	can
Lemon	1	large
Garlic	1	clove
Tahini	15	grams
Cumin	2	teaspoon
Salt and pepper	1	teaspoon each
Chickpea water	75	ml

### Houmous instructions

- Drain the chickpeas but save the water
- Pop them in the microwave for 2 minutes
- Add all of the ingredients into the food processor and give it a whirl, keep adding teaspoons of chickpea water until you get your desired consistency
- Add extra seasoning until you are happy with the taste

We hope you have enjoyed this recipe, for full access to all of our recipes or for more information on The 321 Effect all you need to do is sign up

### Couscous and salad ingredients

Recipe serves	Prep time	Cooking time
4 portions	5m	10m
Ingredients	Amount	
Couscous	200	grams
Vegetable stock cube	1	cube
Boiling water	300	ml
Tomatoes	8	medium
Cucumber	1	large
Red onion	1	medium
Spinach/lettuce	4	handfuls
Fat free vinaigrette	4	tablespoons
Salt and pepper	to taste	

### Couscous and salad instructions

- In a Tupperware or saucepan mix 1 stock cube with 300ml of boiling water
- Add 200g of couscous
- Stir well and cover for 10 minutes
- Dice the cucumber and tomatoes
- Chop the lettuce or spinach
- Mix together with a drizzle of fat free vinaigrette
- Use a fork to fluff up the couscous
- Season with salt and pepper
- Remove the falafels from the oven
- Pop everything onto a plate and dig in!