



PRUNE AND CUMIN FALAFEL WITH VEGAN LABNEH AND A POMEGRANATE AND RED ONION SALSA

by Peter Sidwell

This delicious recipe is full of incredible flavours and will certainly impress anyone who has the treat of enjoying it! Dive in and explore this meal, and you'll be happy to hear it is healthy, vegan, and textured.

Prep Time: 30 minutes + 6 hours to drain Labneh
Cook Time: 15 minutes
Serves: 4

Ingredients:

- 200g quinoa
- 4 teaspoons bouillon powder
- 1 teaspoon cinnamon
- 100g California Prunes
- 2 tablespoons sliced almonds
- 25g fresh parsley, chopped
- 2 x 400g tins chickpeas
- 3 cloves garlic, crushed
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 red onion, finely chopped
- 2 eggs, lightly beaten
- tofu silken
- 2 tablespoons wholemeal flour
- 1 tablespoon olive oil, plus extra for frying
- 1½ tablespoons tahini
- juice of ½ lemon
- sea salt and black pepper

Labneh

Ingredients

- 500g Thick coconut yogurt
- 1 tbsp Salt

Sweet and Sour Onion Pomegranate Salsa

2 Red onions peeled
4 tbsp red wine vinegar
80g Sugar
1/4 tsp salt
1 Pomegranate



**Here's How:**

1. Put the quinoa in a pan, cover with boiling water, add the bouillon powder and simmer for 20 minutes, until soft.
2. Drain and stir in the cinnamon, raisins, almonds and half the parsley.
3. Place the chickpeas, half the garlic, the remaining parsley, cumin and coriander in a food processor and blitz to a paste.
4. Transfer to a bowl, add the onion, eggs and flour, season with salt and pepper and mix well to form a stiff mixture.
5. Preheat the oven to 200°C/400°F/Gas mark 6 and line a baking tray with baking parchment.
6. Shape into small patties and fry in a little olive oil for 2–3 minutes on each side, until starting to turn crispy.
7. Transfer to the baking sheet and bake for 10–12 minutes.
8. Meanwhile, make the dressing by whisking together the tahini, olive oil, remaining garlic and lemon juice, and seasoning with salt and pepper.
9. Serve the falafels with the quinoa and tahini dressing.

Labneh

1. Mix the yogurt and salt together and place in the middle of a clean tea towel, then sit in a sieve over a bowl to drain.
2. Place in the fridge for 6 hours to drain, then transfer to a container before serving with the salsa and falafels

Sweet and Sour Onion Pomegranate Salsa

1. Cut the onions down the middle through the root as this helps make sure the onion stays together while chopping.
2. Slice the onions as thinly as possible and place in a non-stick pan on a medium heat.
3. Add the salt, sugar and vinegar and cook for 5 minutes or until the liquid has reduced to a syrup.
4. Cut the Pomegranate in half and squeeze the outside to crush the chambers of the Pomegranate and release the seeds. (If the seeds don't come out easily, use the back of a spoon to knock them out)
5. Mix together and serve

Link to Website:

<https://www.californiaprunes.net/california-prunes-recipes/vegan-falafel-labneh-salsa>