

Paleo Falafel Salad with Mint Tahini Sauce

4 SERVINGS 45 MINUTES



INGREDIENTS

1 tbsp Ground Flax Seed
3 tbsps Water
1/2 cup Hemp Seeds
2/3 cup Sunflower Seeds (divided)
1/3 cup Parsley (packed)
3 tbsps Lemon Juice (divided)
1 tbsp Tapioca Flour
1 tsp Cumin
1/8 tsp Turmeric
1 Garlic (clove, minced)
Sea Salt & Black Pepper (to taste)
2 tbsps Sesame Seeds (optional)
1 1/2 tbsps Tahini
3 tbsps Extra Virgin Olive Oil
1/4 cup Mint Leaves (packed)
1/8 tsp Sea Salt (or more to taste)
8 cups Mixed Greens
12 Heirloom Carrots (roasted)

DIRECTIONS

- 01 Make a flax egg by combining the ground flax with water in a small bowl and set aside.
- 02 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 03 Add the hemp seeds, half of the sunflower seeds, parsley and the flax egg into a food processor and pulse until combined. Remove and add to a medium size bowl and add the remaining sunflower seeds, half of the lemon juice, tapioca flour, cumin, turmeric and garlic. Season with sea salt and pepper and mix well.
- 04 Using your hands, form balls with the falafel mix and flatten with your hands. Add sesame seeds to a plate and roll the flattened balls in the seeds then place them on the baking sheet. Bake for 25 to 30 minutes, flipping at the halfway point.
- 05 Meanwhile, make the mint tahini sauce by adding the tahini, olive oil, mint leaves, sea salt and remaining lemon juice to a food processor or blender. Blend until smooth and transfer to a jar.
- 06 Add mixed greens to your plate, with roasted carrots and falafels. Drizzle with tahini sauce. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	496	Carbs	33g
Fat	37g	Protein	16g