

3 WAYS WITH FALAFEL MIX

The Morlife Hemp Falafel Mix has quickly become our new favourite pantry staple! It's aromatic, delicious and convenient plus a wholesome source of protein that can easily be transformed into family favourite dishes. Here are 3 alternative ways you can use this easy to prepare mix!



FALAFEL BURGER PATTIES (Makes 4 serves)

Patty Ingredients

- 200ml water
- 200g Morlife Hemp Falafel Mix

Burger Ingredients

- 4 burger buns
- Salad of choice (we used mesclun leaves, tomato, red onion)
- Sauce of choice (we used chipotle mayonnaise)

Method

1. Combine water and falafel mix in a bowl and stir. Allow water to absorb and stir again.

2. Use oiled or wet hands to shape mixture into four even size patties.
3. Heat a frypan over medium-high heat with oil. Add patties to pan and cook for 3-5 minutes each side until golden and cooked through.
4. Enjoy the burger patties in burger buns with salad and sauce of choice.

Want to make this at home? We used Gala Bakery Gluten-Free Premium Burger Rolls, Tomatoes, Red Onion, Naked Byron Chipotle Mayo and Morlife Hemp Falafel Mix from the Marketplace.



FALAFEL CRUSTED FISH

(Makes 2 serves)

Ingredients

- 1/3 cup Morlife Hemp Falafel Mix
- 200g white fish fillets
- 1/2 tbsp olive oil
- Side salad of choice
- Lemon wedges

Method

1. Heat a frypan over medium heat with oil.
2. Spread 1/3 cup falafel mix on a plate.
3. Coat fish fillets with 1/2 tbsp olive oil, salt and pepper. Press into falafel mix to coat.
4. Cook fish in pan for 3-4 minutes each side or until cooked through.
5. Serve fish with salad of choice and lemon wedges if desired.

Want to make this at home? We used Morlife Hemp Falafel Mix, lemons, Regans Ridge Organic Olive Oil and Catalano's White Fresh Fish Fillets from the Marketplace.



VEGGIE BALL PASTA

(Makes 4 serves)

Veggie Ball Ingredients

- 200ml water
- 200g Morlife Hemp Falafel Mix

Pasta Ingredients

- 500g long pasta of choice
- 500ml pasta sauce
- Fresh herbs and cheese of choice for garnish

Method

1. Bring a saucepan of water to boil and cook pasta according to packet instructions. Drain and set aside.
2. Combine water and falafel mix in a bowl and stir. Allow water to absorb and stir again.
3. Use oiled or wet hands to shape mixture into 1 tbsp size balls.
4. Heat a frypan over medium-high heat with oil. Add veggie balls to pan and cook for 5-8 minutes, turning until golden and cooked through.
5. Reduce heat to medium heat and pour in pasta sauce. Gently stir and cook for 5 minutes until warmed through.
6. Divide pasta, veggie balls and sauce among bowls. Garnish with fresh herbs and cheese of choice.

Want to make this at home? We used Olive Green Organics GF Royal Quinoa & Rice Spaghetti, Aurelio Organic Pasta Sauce Basilico, Pimp My Salad Vegan Cashew Parmesan and Morlife Hemp Falafel Mix from the Marketplace.