

# The Ultimate Falafel Pita Sandwich

Prep: 15 mins

Cook: 24 mins

Total: 39 mins

Servings: 6 servings

One of the most quintessential and beloved of Middle Eastern foods is the falafel sandwich, a warm pita bread stuffed with crispy hot falafel balls, surrounded by cool and crunchy diced tomatoes, cucumbers, and onions, and drenched with nutty tahini sauce. All ingredients for this wonderful dish are easily found in standard supermarkets, and although it has many components, its simplicity makes it a wonderful weekday lunch or dinner, or a meal-prep staple that you can cook and freeze.

## Check Your Store-bought Mix

Falafel, as they are typically made, is vegan, but check the label if you're using the store-bought mix as some use egg as a binder.

Falafel has gained notoriety in the U.S. thanks to halal street carts and food trucks that proudly make and serve this Middle Eastern treat. But falafel is also found on the menus of most Mediterranean restaurants, and as a vegan and vegetarian meal, it has gained popularity as it is filling and delicious.

Falafel is traditionally made from chickpeas. It can be fried or baked for a lighter version. Restaurants sometimes serve falafel as a platter, over a bed of rice, but stuffed into pita bread is the more popular, easy, and on-the-go version. In the Middle East, it shares popularity with the sabich sandwich, a pita stuffed with eggplant, hard-boiled eggs, Israeli salad, hummus, and amba sauce.

For our recipe, you'll need to have ready falafel balls, from scratch or from a mix.

## Tip for Making Falafel Pita Sandwich

Falafel is typically fried, which makes it crunchy and decadent. If you're trying to keep your added oil intake on the lower side, baking your falafel is a great alternative. To successfully bake the balls, you'll need to:

- Preheat the oven to 375 F. Spray a baking sheet with cooking oil, grease it with vegetable oil, or line it with parchment paper.
- Place the falafel balls with at least 3 inches of space between them.
- Bake for 10 minutes, flip, and bake for an extra 10 to 12 minutes, until golden brown.

# What You'll Need to Make This Falafel Pita Sandwich Recipe

- A Great Griddle Pan
- A Sharp Chef's Knife
- A Handy Dandy Mandoline

## Ingredients

- 1 tablespoon olive oil
- 6 pita bread loaves
- 18 cooked falafel balls, from homemade or store-bought falafel mix
- 2 medium tomatoes, diced
- 1 medium cucumber, unpeeled and diced
- 1 medium white or red onion, thinly sliced
- 1/4 cup finely chopped fresh parsley
- 3 sandwich pickles, sliced, optional
- Tahini sauce, homemade or store-bought, to taste

## Steps to Make It

1. Gather the ingredients.
2. Heat a large nonstick skillet or griddle to medium-high heat. Coat with 1 tablespoon olive oil and heat a pita bread round for 2 minutes on each side. The pita may begin to brown a little. Repeat with the remaining pita rounds, making sure to cut the top part to reveal the pocket after heating.
3. Stuff each pita round with 3 falafel balls and a spoonful each of diced tomatoes and cucumber. Top each with sliced onion, chopped parsley, the optional pickles, and a generous drizzle of tahini sauce.