

Paleo Falafel Salad with Mint Tahini Sauce

18 ingredients · 45 minutes · 4 servings



Directions

1. Make a flax egg by combining the ground flax with water in a small bowl and set aside.
2. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
3. 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.
4. 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.
5. 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.
6. Add mixed greens to your plate, with roasted carrots and falafels. Drizzle with tahini sauce. Enjoy!

Notes

Meal Prep

Make the falafels ahead and freeze for quick and easy meals down the road.

No Tapioca Flour

Use coconut flour instead.

Wet Falafels

If the falafel mix is a little too wet, add ½ tsp more flour to thicken.

Serving Size

One serving is equal to 3 falafels.

Ingredients

- 1 **tblsp** Ground Flax Seed
- 3 **tblsps** Water
- 1/2 **cup** Hemp Seeds
- 2/3 **cup** Sunflower Seeds (divided)
- 1/3 **cup** Parsley (packed)
- 3 **tblsps** Lemon Juice (divided)
- 1 **tblsp** Tapioca Flour
- 1 **tsp** Cumin
- 1/8 **tsp** Turmeric
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 **tblsps** Sesame Seeds (optional)
- 1 1/2 **tblsps** Tahini
- 3 **tblsps** 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)

Nutrition

Amount per serving

Calories	496	Cholesterol	0mg
Fat	37g	Sodium	247mg
Carbs	33g	Vitamin A	31078IU

Fiber	11g	Vitamin C	30mg
Sugar	10g	Calcium	219mg
Protein	16g	Iron	6mg