

# Falafel "Rice" Bowl

It's Friday! Here's a super quick supper utilizing the falafel saved from Sunday. This bowl will use bulgur instead of rice combined with crisp lettuce, cucumber, cabbage, and tomato. Finish the bowl by dressing it with leftover tzatziki and a drizzle of dressing made from tahini sauce.

Give those leftovers a makeover and call it a Falafel "Rice" Bowl. Your diners will call it satisfying and delicious.

**Preparation time: 30 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize your ingredients. This meal will be easy to assemble.

#### Bulgur

1/3 C. bulgur  
2/3 C. water  
pinch of salt

#### Falafel "Rice" Bowl

8 leaves red or green leaf lettuce  
1 C. peeled and chopped cucumber  
1 C. thinly sliced cabbage  
1 C. cooked bulgur (from above)  
6 pieces leftover falafel (sliced)  
1 C. frozen peas  
1 C. leftover broccoli  
1 slicing tomato or 8 halved cherry tomatoes  
1/2 C. tzatziki sauce (leftovers)  
2 purple plums or other seasonal fruit of choice

#### Tahini Dressing

##### Tahini Sauce (if needed):

1 clove garlic (smashed and skin removed)  
1 T. extra-virgin olive oil  
2 T. rice wine or white balsamic vinegar  
1/4 C. onion (coarsely chopped)  
1/2 tsp. Dijon mustard  
2 tsp. low-sodium soy sauce  
3 T. tahini  
1/4 tsp. Asian Pepper sauce  
1/3 C. low-sodium vegetable broth

##### Tahini Dressing:

1/4 C. tahini sauce (leftovers or from above)  
  
1 tsp. sesame oil  
1 T. rice wine vinegar  
1/3 C. plain, nonfat yogurt  
1/4 C. low-sodium vegetable broth

#### Tzatziki Sauce (if needed)

1/2 C. plain, nonfat yogurt  
1 clove garlic (smashed and skin removed)  
1/3 C. onion (coarsely chopped)  
1 T. olive oil  
2 T. lemon juice  
1 large cucumber (peeled, seeded, quartered)  
2 T. fresh dill  
1/4 tsp. Asian Pepper sauce

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by putting bulgur on to cook. Bring bulgur, water and salt to a hard boil, turn off heat, cover and let stand for 20 minutes. Make Tahini Sauce and Tzatziki as needed.

### Tahini Dressing

1. Blend all Tahini Sauce ingredients in a food processor.
2. Measure 1/4 C. tahini sauce into a small jar. (Be sure it has a tight fitting lid).
3. Add sesame oil, rice wine vinegar, yogurt and broth to the jar.
4. Secure the lid and shake well. Transfer to a small serving pitcher.

### Tzatziki Sauce (if needed)

Combine ingredients in a food processor and chop until well mixed.

### Falafel "Rice" Bowl

1. Break up lettuce leaves into a large bowl with chopped cucumber.
2. Add cabbage and toss well.
3. Divide lettuce/cabbage mixture between two dinner plates or large, flat serving bowls.
4. Divide 1 C. of cooked bulgur between bowls.
5. Divide sliced falafel pieces between bowls.
6. Measure frozen peas into a small bowl. Add 1 T. water, cover and microwave 3 minutes on high. Drain and spoon over rice bowls.
7. Divide leftover steamed broccoli from fridge over bowls.
8. Top with chopped tomato.
9. Spoon 1/4 C. tzatziki sauce over each bowl.

### Serve

Place bowls on table and allow diners to drizzle bowls with tahini dressing. Serve halved plums or other fresh fruit on the side.

### What I've Learned from this Recipe

Falafel is extraordinarily versatile and here's just another example of how to create fantastic leftovers with this Middle-eastern specialty.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)