



Recept geschikt voor: 4 personen | **Moeilijkheid:** 🍳
Vorbereidingstijd: 10 min | **Bereidingstijd:** 10 min | **Totale bereiding:** 20 min

Bertyn producten: [Instant Protein Veganmix – Falafels](#)

Bron: bertyn.eu | Chef: [Chantal Voets](#) | © Chantal Voets

Vegetarian wraps with falafel

Ingrediënten

- [1 pack Instant Protein Vegan Mix – Falafels from Bertyn \(150 g\)](#)
- 120-150 ml water
- 4 wraps
- 1 courgette
- 1 bell pepper, thinly sliced
- 1 red onion, cut into half rings

- 3 tbsp Greek yoghurt
- 1 clove of garlic, finely grated
- Fleur de sel
- Half cucumber, roughly grated
- 200 g cherry tomatoes, halved
- 100 g fresh baby spinach
- Fresh flat-leaf parsley
- Fresh mint
- 1 ripe avocado, thinly sliced

Bereiding

1. Prepare the falafel mix as described on the package. Then add 120-150 ml of water and mix to a smooth consistency.
2. Make 20 falafel balls from it.
3. Fry the falafels in a pan with extra virgin olive oil until golden brown.
4. In the meantime, preheat the oven to 180°C.
5. Cut the courgette into equal slices.
6. Add extra virgin olive oil to a grill pan and fry the courgette until nicely browned.
7. Add 3 tablespoons of Greek yoghurt in a bowl.
8. Add the thin strips of bell pepper, onion, halved tomatoes, grated garlic, grated cucumber and a little Fleur de sel to the Greek yoghurt and mix well.
9. Heat the wraps in the oven (briefly).
10. Fill the wraps one by one with the yoghurt sauce, then a handful of baby spinach, followed by the falafels, avocado slices and seasoning.
11. Serve them while still lukewarm, and feast away!