

## Vegan Falafel Harissa

Falafel Harissa delivers a bold, spicy flavour. Made with red lentils and harissa, this North African chilli spice mix adds warm and spicy notes from cumin, ginger and chilli.

**claims** • Vegan • Source of protein • Source of fibre

*based on calculated value*

### Ingredients

30% chickpeas, vegetables (red sweet pepper, onion), red lentils, WHEAT flour, vegetable oils (sunflower, rapeseed in varying proportions), fresh herbs (parsley, coriander), tomato paste, cumin, garlic powder, spices, starch (potato, pea), vinegar, preservative (potassium acetates), salt, raising agent (sodium carbonates), acid (citric acid), water, yeast.



### Nutrition value

	100 gram	Per portion ( 100g)	RDI/GDA
Energy	898 kJ	898kJ	11
Energy	214 kcal	214kcal	11
Total fat	8.2g	8.2g	12
saturated fat	1.5g	1.5g	8
Carbohydrates	26g	26g	10
of which sugars	3.2g	3.2g	4
Fibres	4.4g	4.4g	
Proteins	7.4g	7.4g	15
Salt	1.0g	1.0g	17

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.

### Method of preparation

**Bake in oven** : Bake in a preheated oven at 180°C (hot air) until golden brown, turn once. Thawed product: 15-17 min. Frozen product: 18-20 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 11-13 min, medium heat. Frozen product: 18-20 min, medium heat.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 6-8 min. Frozen product: 8-10 min.

### Categories

[Balls](#), [Falafel](#), [Vegan\\*](#), [Soy free](#), [Ingredients](#), [Gourmet](#), [Wrap](#), [On a bun](#), [Meal component](#), [Industry](#), [Out of home](#), [Retail](#)

\*Schouten's products and associated procedures meet the requirements of the V-Label, Vegan Action and the Vegan Society, the best-known official labels for vegan products.

### Allergens

#### Zonder

Milk, egg, soy, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

#### Aanwezig

Gluten containing grain, wheat

## Packaging options



**Consumer packaging**

Chilled



**Consumer box**

Frozen



**Foodservice box**

2.5/3 kg | Frozen



**Industry box**

10 kg | Frozen