



Mini Black Bean Falafel Tortas

Prep time: 35 Cook Time: 10 Servings: 72

Mediterranean,Better For You,Appetizers/Sides/Snacks,Mazina Tortillas,Catering,Plant-Based Preferences

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
8" Pressed Mazina™ Tortilla	08043		12 each
Black Beans		drained, rinsed	2 1/4 cup
Garbanzo Beans		drained, rinsed	2 1/4 cup
Onion		roughly chopped	2 1/4 cup
Jalapeño			1 each
Garlic Clove			5 each
Breadcrumbs			2/3 cup
Eggs			2 each
Cumin		ground	2 1/4 tsp.
Coriander		ground	2 1/2 tsp.
Cayenne		ground	1 1/8 tsp.
Cilantro		fresh	4 1/2 tsp.
Vegetable Oil		as needed	
Lime-Salt		as needed	
Yogurt		plain	1 1/2 cup
Chipotle Paste			2 Tbsp.
Cherry Tomatoes		thinly sliced	72 slice
Jalapeño		thinly sliced	72 slice
Pickled Red Onion			72 slice



Instructions

1. Using a 1.5" round cutter, cut 12 smaller circles out of each tortilla, giving you 144 1.5" discs. Reserve warm.
2. In a food processor, combine both beans, onion, jalapeno, garlic, breadcrumbs, eggs, cumin, coriander, cayenne, and cilantro. Pulse until mixture is well combined with a coarse texture. Using a tablespoon, scoop 72 rounded tablespoons and flatten into patty shapes. Reserve cold for service.
3. To make Chipotle Yogurt: combine yogurt and chipotle paste. Mix well to combine. Reserve refrigerated.
4. To serve: preheat a flat top grill. Heat oil and brown each falafel on each side for 2 minutes. Season with lime-salt. To assemble each mini burger, place a 1.5" round tortilla disc down and top with a slice of pickled onion, falafel, jalapeno slice, and tomato slice. Spread ½ tsp. of the Chipotle Yogurt sauce on the top tortilla and place, sauce side down, on top, forming a mini burger. Serve immediately.



Pickled Red Onions (for Falafel Tortas)

Prep time: 2 Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Red Wine Vinegar			1 cup
Water			1 cup
Kosher Salt			1/2 tsp.
Crushed Red Chili Flakes			1/2 tsp.
Cracked Black Pepper			1/2 tsp.
Bay Leaf			2 each
Ground Coriander			1/2 tsp.
Honey			1/4 cup
Red Onion		medium, julienned	2 each

Instructions

1. Bring first 8 ingredients to a simmer in a small saucepan. Place onions in a non-reactive vessel and pour hot pickling liquid over the onions, cover (leaving a small vent) and allow to pickle overnight under refrigeration.

