



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™ Tortillas | 08043 | | 12 Each |
| Black Beans | | drained, rinsed | 2 1/4 cup |
| Garbanzo Beans | | drained, rinsed | 2 1/4 cup |
| Onions | | roughly chopped | 2 1/4 cup |
| Jalapeño | | | 1 Each |
| Garlic Cloves | | | 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 Slices |
| Jalapeño | | thinly sliced | 72 Slices |
| Pickled Red Onions | | See Related Recipe | 72 Slices |



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

Prep time: 2 Cook Time: Servings:

Ingredients

| INGREDIENT | CODE | PREP | QUANTITY |
|--------------------------|------|------------------|----------|
| Red Wine Vinegar | | | 1 cups |
| Water | | | 1 cups |
| Kosher Salt | | | 1/2 tsp. |
| Crushed Red Chili Flakes | | | 1/2 tsp. |
| Cracked Black Pepper | | | 1/2 tsp. |
| Bay Leaves | | | 2 each |
| Ground Coriander | | | 1/2 tsp. |
| Honey | | | 1/4 cups |
| Red Onions | | 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.

