



PREMIUM FALAFEL MIX

If you haven't heard, falafel is a favorite, originating from the Middle East. It's popular among quick lunch crowds as the perfect street food and is a welcomed alternative to meat. This meatless "meatball" and patty is made from premium chickpeas and traditional spices.



Exceptional menus start with top-notch ingredients

Quality and consistency throughout its more than 150-year history reflect the Monarch® commitment to best-in-class flavor, safety and convenience. Monarch has delivered on this promise throughout the years and continues to do so every day.

Product Inspiration

Our brand is an authentic mix imported from the Middle East – it's not the frozen, domestic variety. Preparation is easy – just mix with water, shape and fry. Falafel is a unique offering for any salad and sandwich menu.

Suggested Uses

- Serve with tahini, harissa hot sauce or pickled vegetables
- As a sandwich on pita bread
- Serve as an appetizer
- With domestic or Mediterranean salads

Features/Benefits

- Great protein source
- Falafel mix manufactured in Israel
- One bag yields 20 servings (4 1-oz. balls per serving)
- Each case yields 40 servings
- Easy preparation

Recipe: Crispy Falafel with Lemon Yogurt Dipping Sauce

INGREDIENTS

- 1 c Monarch Falafel Mix
- 1 c water
- 2 tbsp canola oil, plus extra for frying
- 6 ea Hilltop Hearth® Whole Wheat Pita Pockets

TOPPINGS

- 2 c shredded lettuce
- 2 c chopped tomato
- 1 c sliced cucumbers
- Lemon Yogurt Dipping Sauce

PREPARATION

Mix falafel mix and water. Cover and let rest at least 45 minutes. Roll falafel dough into 1" rounds, then form rounds into oblong footballs. In a thick-bottomed skillet heat 1/2 inch of canola oil over medium heat to 350°F. Cook falafel balls a few at a time, until golden brown, about 5 minutes. Be sure to turn them so they do not burn or stick to the bottom of the pan. Drain on paper towels and sprinkle with salt while still hot. Open the pita bread to make pockets. Place 3 to 4 falafel inside. Stuff with lettuce, tomato and cucumbers and drizzle sauce generously on the inside. Serve immediately.

A-Code	Product Description	Pack Size
7579659	Premium Falafel Mix	2/2.5 lb.



For more information about Monarch® products, visit www.usfoods.com or contact your local US Foods representative. 08-2013