

# Full Flavoured Falafel Made Easy



**Butlers Falafels**

3821 | Approx 65 /pack | 6 x 1kg





BUTLERS

## Butlers Falafels

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Our falafels are packed with flavours from the middle east – chickpeas, coriander, cumin, garlic and fragrant herbs

- \* Vegetarian
- \* Flat shape
  - easy to serve in burgers or pita bread
- \* Individually quick frozen
- \* Oven and deep fryer ready



### Nutrition Information

Servings per pack: 10  
Serving size: 100g

	Avg Qty per serving	Avg Qty per 100g
Energy	947 kJ	947 kJ
Protein	6.9 g	6.9 g
Fat -Total	12.0 g	12.0 g
-Saturated	1.3 g	1.3 g
Carbohydrate	22.0 g	22.0 g
Sugars	1.6 g	1.6 g
Sodium	380 mg	380 mg

### Product Information

Code	Product	Units/Pack	Pack Size
3821	Butlers Falafel	Approx. 65	6 x 1kg

### Cooking Instructions

#### Fan Forced Oven

Place the product in a single layer on a baking sheet.  
Bake in a pre-heated oven at 160°C for 9 – 12 minutes.

#### Deep Fryer

Deep fry the falafel for 3 – 4 minutes in pre-heated oil of 175°C.  
Do not fry too many at once to avoid heat loss.