**Turkish Falafel Potato Bowl with Lemon Sesame Dressing**



**Description:** Crispy chickpea and herb patties on whipped potatoes with a cool sesame dressing.

**Servings:** 24

**Preparation Time:** 20 minutes

**Cooking Time:** 30 minutes

**Total Time:** 50 minutes

**Potato Type:** Dehydrated Potato Flakes, Dehydrated Potato Pearls, Refrigerated Mashed Potatoes, Frozen Mashed Potatoes

**Course:** Entree

**Ingredients**

**For the Mashed Potatoes**

* 4.5 pounds (2kg) Prepared Mashed Potatoes

**For the Falafel**

* 4.5 pounds (2 kg) Prepared Falafel Mix

**For the Cucumber Yogurt Sauce**

* 2 cups (480ml) Greek Yogurt
* ½ cup (75g) English Cucumber, diced
* ½ cup (6g) Mint, chopped
* 2 teaspoons (2g) Dill, dried

**For the Lemon-Sesame Dressing**

* ½ cup (120ml) Tahini (Sesame Seed Butter)
* 3 fluid ounces (89ml) Water (more if needed)
* ¼ cup (60ml) Fresh Lemon Juice
* 2 tablespoons (30 ml) Honey
* 2 teaspoons (10ml) Sesame Oil
* 2 each (10g) Garlic Cloves, finely chopped
* ½ teaspoon (~1g) Kosher Salt

As Needed Chopped Parsley (Garnish), optional

**Preparation**

1. Preheat the oven to 450 °F (232 °C).
2. Prepare the falafel mix and shape into 48 1-1/2 ounce patties, this can be done using a red #24 (1.5 ounce) disher.
3. Once the patties are formed into balls, place them on a sheet pan lined with parchment paper, using wet hand, gently press the falafel balls down slightly. Bake the falafels for 15-20 minutes or until they are crispy.
4. To prepare the mashed potatoes, simply follow the instructions on the manufacturers packaging and hold warm at >145 F for no longer than 4 hours.
5. To make the yogurt sauce: combine the yogurt, cucumber, mint, and dill together in a large bowl. Keep the sauce cold (<40 °F or <4.4 °C)
6. To make the lemon-sesame dressing: In a small bowl, whisk together the tahini, water, lemon juice, olive oil, maple syrup, sesame oil, garlic, and salt until smooth. If the dressing is too thick, add more water, ½ tablespoon at a time, until it’s a drizzleable consistency.
7. To plate up, place a ½ cup or white disher of the mashed potatoes at the base. Spoon 1 ounce of the yogurt dressing followed by two falafel. Drizzle a tablespoon of the dressing over the potato bowl and garnish with chopped parsley if desired. This dish can be made with a baked potato instead of mashed potatoes if desired.
8. If falafel is not an option, turkey meatballs can also be used (See below photo).

Turkish Falafel Potato Bowl with Lemon Sesame Dressing



Vitamin C: 11mg

Turkish Falafel Baked Potato with Lemon Sesame Dressing



Vitamin C: 14.6mg



Turkey Meatball Baked Potato with Lemon Sesame Dressing



Vitamin C: 13.3mg



Turkey Meatball Potato Bowl with Lemon Sesame Dressing



