

Wild Alaska Pollock Falafel with Mint Hummus and Harissa Carrots



Preparation Time: 20 minutes

Cook Time: 25 minutes

Servings: 4

Ingredients:

8 ounces wild Alaska pollock fillets
1¾ cups cooked or canned chickpeas (1 15-ounce can, drained and rinsed)
3 ounces dandelion greens (about ½ bunch), roughly chopped
½ cup fresh cilantro
3 cloves garlic
1¼ teaspoon salt
¼ teaspoon cumin
2 cups peas
½ cup fresh mint leaves
¼ cup tahini
2 cloves garlic
2 tablespoons + 1 teaspoon freshly squeezed lemon juice
1 tablespoon olive oil
¾ teaspoon salt
1½ cups grated carrot
2 teaspoons harissa
Pita, to serve

Description:

1. Preheat oven to 400F. Line a baking sheet with parchment paper and set aside.
2. Add the wild Alaska pollock, chickpeas, dandelion greens, cilantro, 1 clove garlic, ½ teaspoon salt, and cumin to the bowl of a food processor and pulse until minced and fully combined but not a smooth puree.
3. Form into about 30 (1½-inch) balls and arrange on the prepared baking sheet. Bake for 20 to 25 minutes, or until lightly browned and cooked through. (Alternately, to fry, pour avocado oil into a medium pot until it comes up about 2 inches. Heat over medium high heat until it just starts to bubble, or registers between 350 and 375F. Add falafel balls, cooking in batches until cooked through and crispy and browned on all sides. Transfer to a paper towel-lined plate or tray.)
4. Meanwhile, make the pea and mint hummus. Put the peas, mint, tahini, remaining 2 cloves garlic, 2 tablespoons lemon juice, olive oil, and remaining ¾ teaspoon salt into the bowl of a food processor. Blend until smooth. Set aside (can be made a day ahead and refrigerated).
5. Prepare the harissa carrots. Put the carrot, harissa, and remaining 1 teaspoon lemon juice in a bowl and toss to combine (can be made a day ahead and refrigerated).

6. To serve, cut each pita in half down the middle. Gently open the pita pocket and spread the pea and mint hummus evenly on one side. Stuff with harissa carrots and falafel balls and serve.

Recommended wine pairing: Columbia Crest H3 Sauvignon Blanc

Recommended beer pairing: Kona Big Wave Golden Ale