

# Middle Eastern Vegetarian Share Platter



Preparation time: 25 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Entertaining, Vegetarian



## Ingredients

- 6 eggs, soft-boiled
- 400g packet sesame falafels
- 6 bagels
- 1 red onion, very thinly sliced
- 1 x qty of individual silverbeet frittatas (see note)
- 250g tub of beetroot dip
- 250g tub hummus dip
- Small tub of marinated fetta

- Small tub of green olives
- 2 x baby cos lettuce hearts, cut into wedges
- 1 large avocado, thinly sliced
- 200g punnet baby cucumber (qukes), finely sliced into ribbons
- 200g punnet tomato medley, halved
- 1 carrot, cut into sticks
- Fresh flat-leave parsley, to serve
- Lemon wedges, to serve

Method

1. Peel and halve the eggs.
2. Heat falafel following packet instructions. Split and lightly toast bagels. Season the onion with a splash of white wine vinegar, salt and pepper.
3. Arrange everything on a large platter or serving board. Garnish with parsley and lemon wedges. Allow guests to assemble their own bagels or brunch salads.

Notes

For the recipe for the silverbeet frittatas, click [here](#).

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
761g	4870kJ 1164kcal	57.8g	58g	18.7g	90.5g	23.5g	2870mg	23.3g