



Recipes

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Edamame Falafel Tacos with Edamame Corn Salsa

Prep Time: 30 Minutes

Cooking Time: 5 Minutes

Serves 12

Ingredients:

12 each 6" Pressed Mazina™ Tortillas (08042)
4 cups Edamame
4 cups Chickpeas
2 oz. Cilantro , minced
2 fl. oz. Parsley , minced
2 cloves Garlic , minced
Cumin , ground , to taste
Coriander , ground , to taste
Cayenne , ground , to taste
4 each Eggs
Flour , as needed
1 1/2 cups Edamame Corn Salsa , see related recipe
3/4 cup Sesame Yogurt Sauce , see related recipe

Directions:

1. Preheat deep fryer to 350°F.
2. Blanch edamame in boiling water for 1 minute or until soft. Add all ingredients except flour to a food processor and blend until a thick paste forms.
3. Scoop falafel mixture into 1 oz. balls, coat in flour, and flatten slightly before frying for 2-3 minutes or until crisp and golden.
4. To assemble, on each tortilla, layer 4 falafel patties and top with 2 tbsp. of corn salsa and 1 tbsp. of sesame yogurt sauce. Serve immediately.





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Edamame Corn Salad

Prep Time: 5 Minutes

Serves 1

Ingredients:

1 cup Edamame
1/2 cup Corn Kernels
2 Tbsp. Red Onion
1 Tbsp. Black Sesame Seeds
1 Tbsp. Sesame Oil
1/2 Tbsp. Rice Vinegar
1 tsp. Soy Sauce

Directions:

1. Combine all solid ingredients in a mixing bowl and toss to combine. Whisk together the oil, vinegar, and soy sauce and dress the salad, tossing again to coat. Reserve refrigerated.

Sesame Yogurt Sauce

Prep Time: 5 Minutes

Serves 1

Ingredients:

5 oz. Yogurt , plain
1/2 Tbsp. Sesame Oil
1/2 tsp. Red Chili Flakes
1/2 tsp. Black Sesame Seeds
1 Tbsp. Lemon Juice , fresh
1 Tbsp. Scallions , thinly sliced
1/2 Tbsp. Honey

Directions:

1. Combine all ingredients in a mixing bowl and whisk until thoroughly combined. Reserve refrigerated.