



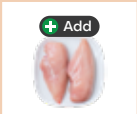
# Spicy Sweet Falafel Tacos

with Sesame Slaw

Veggie

Spicy

25 Minutes



Chicken Breasts  
2 | 4

Customized Protein **+ Add** **↻ Swap** or **\*2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Falafel  
150 g | 300 g



Flour Tortillas  
6 | 12



Sesame Oil  
1 tbsp | 2 tbsp



Gochujang  
2 tbsp | 4 tbsp



Honey-Garlic Sauce  
4 tbsp | 8 tbsp



Black Sesame Seeds  
1 tbsp | 2 tbsp



Coleslaw Cabbage Mix  
170 g | 340 g



Mini Cucumber  
1 | 2



Green Onion  
2 | 4



Soy Sauce  
1 tbsp | 2 tbsp



Seasoned Rice Vinegar  
1 tbsp | 2 tbsp



Mayonnaise  
2 tbsp | 4 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

|                       |          |          |
|-----------------------|----------|----------|
| Ingredient quantities | 56 g     | 113 g    |
|                       | 2 person | 4 person |

**Pantry items** | Oil, salt, pepper, sugar

**Cooking utensils** | Large non-stick pan, measuring spoons, 2 medium bowls, paper towels, whisk

1



### Toast sesame seeds

- Before starting, wash and dry all produce.

• Heat a large non-stick pan over medium-high heat. When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until fragrant, 2-4 min. (**TIP:** Keep your eye on them so they don't burn.) Transfer to a plate.

2



### Make slaw

- Meanwhile, thinly slice **green onions**.
- Cut **cucumbers** into ¼-inch half-moons.
- Add **mayo**, **rice wine vinegar**, ¼ **tsp** (½ **tsp**) **sugar**, **half the soy sauce** and **half the sesame oil** to a medium bowl. Whisk to combine.
- Add **coleslaw mix** and **cucumbers**. Season with **salt** and **pepper**, to taste.
- Stir to combine.

3



### Make spicy sweet glaze

- Add **Honey-Garlic Sauce**, **remaining soy**, **remaining sesame oil** and **gochujang** to another medium bowl. Whisk to combine.

4



### Fry falafel

- Add **1 tbsp oil** to the same pan, then **falafel**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 1 **tbsp** oil per batch.)
- Lightly smash **falafel** into smaller pieces, then pan-fry, tossing occasionally, until golden-brown, 4-8 min per side.
- Remove from heat, add **spicy sweet glaze**, then toss to coat.

5



### Warm tortillas

- Wrap **tortillas** in paper towels.
- Microwave until **tortillas** are warm and flexible, 1 min. (**TIP:** You can skip this step if you don't want to warm the tortillas.)

6



### Finish and serve

- Divide **tortillas** between plates.
- Top with **saucy falafel**, then **coleslaw**.
- Sprinkle **green onions** and **any remaining sesame seeds**.

Measurements  
within steps

1 **tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

### 3 | Cook chicken and make spicy sweet glaze

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat same pan over medium heat. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\* Use the same pan to cook falafel in step 4.

### 6 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Top **tortillas** with **chicken**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F.