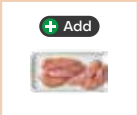




Spicy Falafel Wraps

with Pickled Jalapeños and Creamy Avocado Tahini

Veggie Spicy 35 Minutes



Chicken Breast Tenders
310 g | 620 g

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



Flatbread
2 | 4



Spring Mix
56 g | 113 g



Cilantro
7 g | 14 g



Jalapeño
1 | 2



Shallot
1 | 2



Lime
1 | 2



Feta Cheese, crumbled
¼ cup | ½ cup



Guacamole
3 tbsp | 6 tbsp



Tahini Sauce
2 tbsp | 4 tbsp



Red Wine Vinegar
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.

Pantry items | Sugar, pepper, oil, salt

Cooking utensils | 2 baking sheets, large bowl, measuring spoons, medium bowl, small bowl, small pot, strainer, zester

1



Start prep

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.
- **Heat Guide for Step 2:**
 - ¼ jalapeños for mild
 - ½ jalapeños for medium
 - all the jalapeños for spicy

- Thinly slice **jalapeño** into ⅛-inch rounds, removing **seeds** for less heat. (**TIP:** We suggest using gloves when prepping jalapeños.)
- Peel, then thinly slice **shallot**.

2



Make pickled veggies

- Add **vinegar**, **jalapeños**, **shallots**, **2 tbsp** (4 tbsp) water and **2 tsp** (4 tsp) **sugar** to a small pot. (**NOTE:** Reference heat guide.) Season with **salt**.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove the pot from heat.
- Transfer **jalapeños** and **shallots**, including **pickling liquid**, to a medium bowl.
- Set aside in the fridge to cool.

3



Roast falafel

- ◉ Swap | **Chicken Breast Tenders**
- Add **falafel** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Toss to coat.
- Roast in the **middle** of the oven, tossing halfway through, until crispy and heated through, 7-9 min.

4



Finish prep

- Meanwhile, zest, then juice **lime**.
- Roughly chop **cilantro**.
- Add **lime zest**, **1 tbsp** (2 tbsp) **lime juice**, **¼ tsp** (½ tsp) **sugar** and **2 tsp** (4 tsp) **oil** to a large bowl. Season with **salt** and **pepper**, then stir to combine. Set aside. (**NOTE:** This is your dressing.)
- Add **guacamole**, **tahini sauce**, **half the cilantro** and **1 tsp** (2 tsp) **lime juice** to a small bowl. Season with **salt** and **pepper**, then stir to combine. (**NOTE:** This is your creamy avocado tahini.)

5



Toast flatbreads

- Arrange **flatbreads** on another unlined baking sheet.
- Drizzle **½ tsp oil** over **each flatbread**. Season with **salt** and **pepper**.
- Toast in the **top** of the oven until golden-brown, 2-4 min. (**TIP:** Keep an eye on flatbreads so they don't burn.)

6



Finish and serve

- ◉ Swap | **Chicken Breast Tenders**
- Strain **pickled veggies** and discard pickling liquid.
- Add **spring mix** to the large bowl with the dressing. Toss to coat.
- Divide **flatbreads** between plates. Top with **salad** and **falafel**.
- Drizzle with **creamy avocado tahini** and sprinkle **feta** over top.
- Top with **pickled veggies** and **remaining cilantro**.

Measurements
within steps

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

3 | Roast falafel and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.**

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Divide **chicken** between **flatbreads**.

♦ 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, as size may vary.