



Crispy Falafel Tacos

with Hummus Slaw and Pickled Onions

Veggie 25 Minutes



Falafel



Flour Tortillas, 6-inch



Coleslaw Cabbage Mix



Red Onion



Parsley



Honey



Hummus



White Wine Vinegar



Garlic



Mini Cucumber

HELLO FALAFEL

A style of fritter originating in the Middle East made with chickpeas, herbs and spices!

Start here

Before starting, wash and dry all produce.

Garlic Guide for Step 2 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

2 Medium bowls, measuring spoons, large bowl, small pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Falafel	8	16
Flour Tortillas, 6-inch	6	12
Coleslaw Cabbage Mix	170 g	340 g
Red Onion	56 g	113 g
Parsley	7 g	14 g
Honey	1 tbsp	2 tbsp
Hummus	57 g	114 g
White Wine Vinegar	3 tbsp	6 tbsp
Garlic	3 g	6 g
Mini Cucumber	66 g	132 g
Sugar*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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.

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Pickle red onions

Peel, then thinly cut **half the onion** (use all for 4 ppl) into half-moon slices. Add **onions, vinegar, 1 ½ tbsp water** and **1 tbsp sugar** (dbl both for 4 ppl) to a small pot. Season with **salt**. Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves, 1-2 min. Remove pot from heat. Transfer **onions, including liquid**, to a medium bowl. Set aside in the fridge to cool.



Make coleslaw

While **falafels** cook, add **parsley, cucumbers** and **coleslaw cabbage mix** to a large bowl. Drizzle **half the hummus dressing** over top. Season with **salt** and **pepper**. Toss to combine.



Prep and make hummus dressing

Thinly cut **cucumber** into slices, then cut into thin strips. Peel, then mince or grate **garlic**. Roughly chop **parsley**. Stir together **hummus, garlic, half the honey** and **2 tbsp pickling liquid** (dbl for 4 ppl) in another medium bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**. Stir to combine. (**TIP:** If dressing is too thick, add ½ tsp water at a time until desired consistency is reached.)



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!)



Cook falafels

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **falafels**. Pan-fry until golden-brown, 3-4 min per side. Add **1 tbsp oil** (dbl for 4 ppl) after flipping. Carefully break **falafels** in half. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 2 tbsp oil per batch.) Remove pan from heat. Drizzle **remaining honey** over **falafels**. Stir to coat. Season with **salt**.



Finish and serve

Drain **pickled red onions**, reserving **remaining pickling liquid**. Divide **coleslaw** between **tortillas**. Top with **falafels**, then **pickled onions**. Drizzle with **remaining hummus dressing** and **pickling liquid**, if desired.

Dinner Solved!