



# Crispy Falafel Wraps

with Hummus Slaw and Pickled Onions

Veggie Quick 25 Minutes



Falafel



Flour Tortillas



Coleslaw Cabbage Mix



Red Onion



Parsley



Honey



Hummus



Lemon



Garlic, cloves



Mini Cucumber



White Wine Vinegar

HELLO FALAFEL

*A Middle Eastern fritter made with chickpeas, herbs and spices!*

## Start here

Before starting, wash and dry all produce.

### Garlic Guide for Step 3 (dbl for 4 ppl):

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

## Bust out

Measuring spoons, spatula, large bowl, small pot, small bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Falafel	8	16
Flour Tortillas	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	8 tbsp	16 tbsp
Lemon	1	2
Garlic, cloves	1	2
Mini Cucumber	66 g	132 g
White Wine Vinegar	1 tbsp	2 tbsp
Sugar*	2 tsp	4 tsp
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.*

## Contact

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## Pickle red onions

- Juice **lemon**.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ⅛-inch slices.
- Add **vinegar, lemon juice, a pinch of salt, ½ tbsp water** and **2 tsp sugar** (dbl all for 4 ppl) to a small pot. Warm **pickling liquid** over medium heat until **sugar** dissolves, 1-2 min.
- Add **onions**, then remove the pot from heat. Set aside.



## Finish falafel and make coleslaw

- When **falafel** are cooked, drizzle **remaining honey** over top, then stir to coat. Season with **salt**, to taste.
- Add **parsley, cucumbers** and **coleslaw cabbage mix** to a large bowl. Drizzle **half the hummus dressing** over top. Season with **salt** and **pepper**, to taste, then toss to combine.



## Cook falafel

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **falafel**. (**NOTE:** Don't overcrowd the pan. Cook in batches if needed, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 4-5 min per side.
- Remove the pan from heat.
- Using a spatula, carefully break **falafel** in half.



## 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!)



## Prep and make hummus dressing

- Meanwhile, thinly slice **cucumber**.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Add **hummus, half the honey, 1 tbsp water, 2 tbsp pickling liquid** (dbl both for 4 ppl) and **garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine. (**NOTE:** If dressing is too thick, add 1 tsp water at a time until sauce reaches a drizzling consistency.)



## Finish and serve

- Drain **pickled red onions**, reserving **remaining pickling liquid**.
- Divide **tortillas** between plates. Top with **coleslaw, falafel**, then **pickled onions**.
- Drizzle **remaining hummus dressing** and **some pickling liquid** over top, if desired.

## Dinner Solved!