



Crumbled Crispy Falafel Salad

with Pickled Shallots and Garlicky Hummus Drizzle

Veggie Quick 25 Minutes



Falafel



Spring Mix



Sweet Bell Pepper



Baby Tomatoes



Carrot, julienned



Parsley



Fig Spread



White Wine Vinegar



Shallot



Hummus



Garlic, cloves



Lemon

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 2 (dbl for 4 ppl):

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

Bust out

Measuring spoons, large bowl, small pot, small bowl, whisk, large non-stick pan

Ingredients

| | 2 Person | 4 Person |
|--------------------|----------|----------|
| Falafel | 8 | 16 |
| Spring Mix | 113 g | 227 g |
| Sweet Bell Pepper | 160 g | 320 g |
| Baby Tomatoes | 113 g | 227 g |
| Carrot, julienned | 56 g | 113 g |
| Parsley | 7 g | 14 g |
| Fig Spread | 2 tbsp | 4 tbsp |
| White Wine Vinegar | 3 tbsp | 6 tbsp |
| Shallot | 50 g | 100 g |
| Hummus | 4 tbsp | 8 tbsp |
| Garlic, cloves | 1 | 2 |
| Lemon | 1 | 1 |
| 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 shallots

Add **vinegar**, a **pinch of salt**, **1 tbsp water** and **2 tsp fig spread** (dbl all for 4 ppl) to a small pot. Cook over medium heat, stirring occasionally, until **pickling liquid** is warm and **fig spread** is mostly dissolved, 2-3 min. Remove from heat. While **pickling liquid** cooks, peel, then thinly slice **shallot**. Add **shallots** to the pot with **pickling liquid**. Stir to combine, then set aside.



Make vinaigrette

While **falafel** crisp, add **remaining fig spread**, **2 tbsp pickling liquid** and **2 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.



Prep and make hummus

Core, then cut **pepper** into ¼-inch strips. Halve **tomatoes**. Juice **half the lemon** (whole lemon for 4 ppl). Roughly chop **parsley**. Peel, then mince or grate **garlic**. Add **hummus**, **2 tsp lemon juice**, **2 tbsp water** (dbl both for 4 ppl) and **½ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine.



Finish salad

Drain and discard remaining pickling liquid. Add **pickled shallots**, **peppers**, **tomatoes**, **carrots**, **spring mix** and **parsley** to the large bowl with **vinaigrette**. Toss to combine.



Crisp falafel

Heat a large non-stick pan over medium-high. When hot, add **1 ½ tbsp oil** (dbl for 4 ppl), then **falafel**. Break up **falafel** into quarters or bite-sized pieces. Cook, stirring occasionally, until **falafel pieces** are crispy and golden-brown, 4-5 min.



Finish and serve

Divide **salad** between plates. Sprinkle **crispy falafel pieces** over **salad**. Drizzle **garlicky hummus** on top.

Dinner Solved!