



# Crumbled Crispy Falafel Salad

with Garlicky Hummus Drizzle

Veggie Quick 25 Minutes



Falafel



Spring Mix



Sweet Bell Pepper



Baby Tomatoes



Carrot, julienned



Parsley



Honey



Mini Cucumber



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 4 (dbl for 4 ppl):

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Falafel	8	16
Spring Mix	113 g	226 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
Honey	1 tbsp	2 tbsp
Mini Cucumber	66 g	132 g
Hummus	4 tbsp	8 tbsp
Garlic, cloves	1	2
Lemon	1	2
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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## Prep

- Core, then cut **pepper** into ¼-inch slices.
- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Juice **lemon**.
- Roughly chop **parsley**.
- Halve **tomatoes**.
- Peel, then mince or grate **garlic**.



## Make garlicky hummus

- Meanwhile, add **hummus**, **2 tsp lemon juice**, **4 tsp water** (dbl both for 4 ppl) and **½ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) (**TIP:** Add more water, 1 tsp at a time, until desired consistency is reached!)
- Season with **salt**, to taste, then stir to combine.



## Marinate carrots

- Add **honey**, **1 tbsp lemon juice** and **1 ½ tbsp oil** (dbl both for 4 ppl) to a large bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add **carrots**, then toss to combine. Set aside to marinate.



## Toss salad

- Add **cucumbers**, **peppers**, **tomatoes**, **spring mix** and **parsley** to the bowl with **marinated carrots**.
- Toss to combine.



## Crisp falafel

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



## Finish and serve

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

## Dinner Solved!