



Falafel Bowls

with Hot Maple Hummus Dressing

Veggie

Spicy

Quick

25 Minutes



Falafel



Hummus



Maple Syrup



Roma Tomato



Baby Kale



Red Wine Vinegar



Bulgur Wheat



Hot Sauce



Parsley



Garlic, cloves



Shallot



Sweet Bell Pepper



Vegetable Broth Concentrate

HELLO FALAFEL

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

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: 1 ½ tsp
- Spicy: 2 tsp
- Extra-spicy: 1 tbsp

Bust out

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

Ingredients

	2 Person	4 Person
Falafel	8	16
Hummus	4 tbsp	8 tbsp
Maple Syrup	2 tbsp	4 tbsp
Roma Tomato	160 g	320 g
Baby Kale	113 g	227 g
Red Wine Vinegar	1 tbsp	2 tbsp
Bulgur Wheat	½ cup	1 cup
Hot Sauce 🌶️	1 tbsp	2 tbsp
Parsley	7 g	14 g
Garlic, cloves	1	2
Shallot	50 g	100 g
Sweet Bell Pepper	160 g	320 g
Vegetable Broth Concentrate	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.

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Prep

Cut **tomatoes** into ¼-inch pieces. Core, then cut **pepper** into ¼-inch pieces. Peel, then mince or grate **garlic**. Peel, then cut **shallot** into ¼-inch pieces. Roughly chop **parsley**.



Make dressing

While **falafel** cook, add **hummus**, **maple syrup**, **half the parsley** and **1 ½ tsp hot sauce** (dbl for 4 ppl) to a small bowl. (NOTE: Reference heat guide.) Season with **salt** and **pepper**, then stir to combine.



Cook bulgur

Heat a small pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **garlic** and **shallots**. Cook, stirring often, until **shallots** soften slightly, 1-2 min. When softened, stir in **bulgur**, **broth concentrate**, **½ tsp salt** and **½ cup water** (dbl both for 4 ppl). Cover and bring to a boil. Once boiling, remove the pan from heat. Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min. Fluff with a fork.



Make tabbouleh salad

Whisk together **vinegar**, **1 tsp sugar** and **½ tbsp oil** (dbl both for 4 ppl) in a large bowl. When **bulgur** is done, add **kale**, **peppers**, **tomatoes**, **remaining parsley** and **bulgur** to the bowl. Season with **salt** and **pepper**, then toss to combine.



Cook falafel

While **bulgur** cooks, heat a large non-stick pan over medium-high heat. When hot, add **2 tbsp oil**, then **falafel**. (NOTE: Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 2 tbsp oil per batch.) Pan-fry until golden-brown, 4-5 min per side.



Finish and serve

Divide **tabbouleh salad** between plates. Top **tabbouleh** with **falafel**, then drizzle **hot maple hummus dressing** over top.

Dinner Solved!