



Falafel Bowls

with Hummus Dressing

Veggie

Spicy

Quick

25 Minutes



Falafel



Hummus



Plant-Based Mayonnaise



Roma Tomato



Baby Kale



Red Wine Vinegar



Bulgur Wheat



Hot Sauce



Parsley



Garlic, cloves



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
- Spicy: 2 tsp
- Medium: 1 ½ 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 |
| Plant-Based Mayonnaise | 4 tbsp | 8 tbsp |
| Roma Tomato | 160 g | 320 g |
| Baby Kale | 113 g | 226 g |
| Red Wine Vinegar | 1 tbsp | 2 tbsp |
| Bulgur Wheat | ½ cup | 1 cup |
| Hot Sauce 🌶️ | 1 ½ tsp | 3 tsp |
| Parsley | 7 g | 7 g |
| Garlic, cloves | 1 | 2 |
| Sweet Bell Pepper | 160 g | 320 g |
| Vegetable Broth Concentrate | 1 | 2 |
| Sugar* | ¼ tsp | ½ 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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1 Prep

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



4 Make hummus dressing

- Meanwhile, add **hummus, mayo, half the parsley, 2 tbsp warm water** (dbl for 4 ppl) and **1 ½ tsp hot sauce** to a small bowl. (NOTE: Reference heat guide.)
- Season with **salt and pepper**, then stir to combine.



2 Cook bulgur

- Heat a small pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until **garlic** is fragrant, 30 sec.
- Stir in **bulgur, broth concentrate, ½ tsp salt** and **¾ cup water** (dbl both for 4 ppl). Cover and bring to a boil.
- Once boiling, remove the pot from heat. Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff **bulgur** with a fork.



5 Make tabbouleh salad

- Add **vinegar, ¼ tsp sugar** and **½ tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- When **bulgur** is done, add **kale, peppers, tomatoes, remaining parsley** and **bulgur** to the large bowl with **hummus dressing**, then toss to combine.



3 Cook falafel

- Meanwhile, 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.



6 Finish and serve

- Divide **tabbouleh salad** between plates. Top with **falafel**.
- Drizzle **any remaining hummus dressing** in the bowl over top.

Dinner Solved!