



Falafel Bowls

with Hummus Dressing

Veggie

Spicy

Quick

25 Minutes



Falafel



Hummus



Plant-Based Mayonnaise



Mini Cucumber



Spring Mix



Red Wine Vinegar



Bulgur Wheat



Hot Sauce



Garlic, cloves



Sweet Bell Pepper



Vegetable Broth Concentrate



Parsley

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
Mini Cucumber	66 g	132 g
Spring Mix	113 g	227 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
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

- Core, then cut **pepper** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Peel **cucumber**, if desired, then cut into ¼-inch rounds.



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.



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.



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 **spring mix, peppers, cucumbers, remaining parsley** and **bulgur** to the large bowl with **dressing**, then toss to combine.



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, 2-3 min per side.



Finish and serve

- Divide **tabbouleh salad** between plates. Top with **falafel**.
- Drizzle **hummus dressing** over top.

Dinner Solved!