



# Falafel Ciabattas

with Herby Garlic Fries

Veggie

30 Minutes



Falafel



Ciabatta Roll



Mango Chutney



Hummus



Roma Tomato



Spring Mix



Garlic, cloves



Garlic Salt



Russet Potato



Dried Rosemary



Ketchup



Harissa Spice Blend

HELLO FALAFEL

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

## Start here

- Before starting, preheat the oven to 475°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, parchment paper, 2 small bowls, large non-stick pan

## Ingredients

	2 Person	4 Person
Falafel	8	16
Ciabatta Roll	2	4
Mango Chutney	4 tbsp	8 tbsp
Hummus	4 tbsp	8 tbsp
Roma Tomato	160 g	320 g
Spring Mix	28 g	56 g
Garlic, cloves	3	6
Garlic Salt	1 tsp	2 tsp
Russet Potato	460 g	920 g
Dried Rosemary	1 tsp	2 tsp
Ketchup	4 tbsp	8 tbsp
Harissa Spice Blend	1 tbsp	2 tbsp
Oil*		
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

- Peel, then mince or grate **garlic**.
- Halve **potatoes** lengthwise, then cut into ¼-inch slices.
- Thinly slice **tomatoes**.
- Add **hummus** and **half the Harissa Spice Blend** to a small bowl, then stir to combine.



## Toast ciabatta

- Halve **ciabatta rolls**.
- Arrange **rolls** directly on the **top** rack of the oven, cut-side up (**NOTE:** For 4 ppl, add rolls to the top baking sheet with fries). Toast until golden-brown, 3-4 min. (**TIP:** Keep an eye on rolls so they don't burn!)



## Make fries

- Add **potatoes**, **garlic**, **dried rosemary** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



## Make harissa ketchup & assemble ciabattas

- Meanwhile, combine **remaining Harissa Spice Blend** and **ketchup** in another small bowl.
- When **rolls** are toasted, spread **spiced hummus** over **top rolls**. Spread **mango chutney** over **bottom rolls**, then stack with **spring mix**, **tomatoes** and **falafel**. Close with **top rolls**.
- Gently press **top rolls** down to secure.



## Cook falafel

- When **fries** are halfway done, heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **falafel**. (**NOTE:** For 4 ppl, cook in batches, if needed, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 4-5 min per side. Set aside and cover to keep warm.



## Finish and serve

- Divide **ciabattas** and **fries** between plates.
- Serve **spiced ketchup** on the side for dipping.

## Dinner Solved!