



Falafel Rainbow Wraps

with Quick-Pickled Onions and Lemony Hummus

Veggie 25 Minutes



Falafel



Pita Bread



Sweet Bell Pepper



Red Onion



Baby Tomatoes



Lemon



Mini Cucumber



Spring Mix



Mixed Olives



Hummus

HELLO LEMON ZEST

Punch up the flavour of hummus with a sprinkle of lemon zest!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, large bowl, small pot, whisk, zester, large non-stick pan

Ingredients

	2 Person	4 Person
Falafel	8	16
Pita Bread	2	4
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Baby Tomatoes	113 g	227 g
Lemon	1	2
Mini Cucumber	66 g	132 g
Spring Mix	56 g	113 g
Mixed Olives	30 g	60 g
Hummus	57 g	114 g
Sugar*	1 tsp	2 tsp
Oil*		

Salt and Pepper*

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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Pickle onions

Peel, then cut **onion** into ¼-inch slices. Zest, then juice **lemon**. Add **onions, lemon juice, 1 tbsp water** and **1 tsp sugar** (dbl both for 4 ppl) to a small pot. Season with **salt**. Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves, 1-2 min. Remove pot from heat. Transfer **onions, including liquid**, to a medium bowl. Place in the fridge to cool.



Warm pitas

Heat the same pan (from step 3) over medium. Place **pitas** in the dry pan and cook until warmed through, 1-2 min per side. (**NOTE:** Warm them one at a time if your pan doesn't fit all of them at once.)



Prep

While **onions** pickle, core, then cut **pepper** into ½-inch pieces. Thinly slice **cucumber**. Halve **tomatoes**. Drain, then cut or tear **olives** in half. Add **hummus** and **1 tsp lemon zest** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Make salad

While **pitas** warm, add **1 tbsp pickling liquid** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Drain **onions**, discarding the remaining pickling liquid. Add **onions, tomatoes, cucumbers, peppers, olives** and **spring mix** to the bowl, then toss to combine.



Cook falafel

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl) then **falafel**. Cook, until golden-brown, 3-4 min per side. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, if needed.) Transfer to a plate and cover to keep warm.



Finish and serve

Divide **pitas** between plates. Spread **lemony hummus** over tops of **pitas**. Top with **falafel** and some **salad**. Serve **remaining salad** on the side.

Dinner Solved!