



Falafel Rainbow Wraps

with Quick-Pickled Onions and Lemony Hummus

Veggie

Quick

25 Minutes



Falafel



Flour Tortillas, 6-inch



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, zester, large bowl, small pot, whisk, large non-stick pan, paper towels, small bowl

Ingredients

	2 Person	4 Person
Falafel	8	16
Flour Tortillas, 6-inch	6	12
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Baby Tomatoes	113 g	227 g
Lemon	1	1
Mini Cucumber	66 g	132 g
Spring Mix	56 g	113 g
Mixed Olives	30 g	60 g
Hummus	114 g	228 g
Sugar*	1 tsp	2 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.

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Pickle onions

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



Warm tortillas

Wrap **tortillas** in paper towels. Microwave until **tortillas** are warm and flexible, 1 min. (**TIP:** You can skip this step if you don't want to warm the tortillas!)



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, lemon zest** and **1 tbsp water** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Make salad

While **tortillas** 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 **pickled 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, using 1 tbsp oil per batch.) Transfer to a plate and cover to keep warm.



Finish and serve

Cut **falafel** in half. Divide **tortillas** between plates. Spread **lemony hummus** onto tops of **tortillas**. Top with **falafel** and **some salad**. Serve **remaining salad** on the side.

Dinner Solved!