



Falafel Rainbow Wraps

with Quick-Pickled Onions and Lemony Hummus

Veggie Quick 25 Minutes



Falafel



Flatbread



Sweet Bell Pepper



Red Onion



Baby Tomatoes



Lemon



Radishes



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

Ingredients

	2 Person	4 Person
Falafel	8	16
Flatbread	2	4
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Baby Tomatoes	113 g	227 g
Lemon	1	1
Radishes	3	6
Spring Mix	56 g	113 g
Mixed Olives	30 g	60 g
Hummus	8 tbsp	16 tbsp
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. Once simmering, 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 flatbreads

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



Prep

While **onions** pickle, core, then cut **pepper** into ½-inch pieces. Thinly slice **radishes**. 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 **flatbreads** 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, radishes, 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. Cut **flatbreads** in half, then divide between plates. Spread **lemony hummus** over **flatbreads**. Top with **falafel** and **some salad**. Serve **remaining salad** on the side.

Dinner Solved!