



# Falafel Wraps and Herby Slaw

with Garlic Tahini Sauce and Pickled Jalapeño

Veggie

Optional Spice

30 Minutes



Falafel



Flour Tortillas



Coleslaw Cabbage Mix



Green Onion



Mint



Roma Tomato



Tahini



Garlic, cloves



Jalapeño



White Wine Vinegar



Sesame Seeds

HELLO FALAFEL

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

# Start here

Before starting, wash and dry all produce.

## Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

## Bust out

Measuring spoons, spatula, large bowl, small pot, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Falafel	8	16
Flour Tortillas	6	12
Coleslaw Cabbage Mix	170 g	340 g
Green Onion	2	4
Mint	3 ½ g	7 g
Roma Tomato	160 g	320 g
Tahini	2 tbsp	4 tbsp
Garlic, cloves	1	2
Jalapeño 🌶️	1	2
White Wine Vinegar	3 tbsp	4 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Sugar*	2 ¼ tsp	5 ½ 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 jalapeños

- Add **2 tbsp vinegar**, **1 tbsp water**, **½ tsp sugar** (dbl all for 4 ppl) and **a pinch of salt** to a small pot. Warm **pickling liquid** over medium heat, swirling the pot occasionally, until **sugar** dissolves.
- Meanwhile, thinly slice **jalapeño** into rounds, removing seeds for less heat. (**TIP**: We suggest using gloves when prepping jalapeños!)
- Add **jalapeños** to **pickling liquid**, then remove the pot from heat. Set aside.

4



## Prep and make slaw

- Meanwhile, peel, then mince or grate **garlic**.
- Thinly slice **green onions**.
- Pick **half the mint leaves** from stems (all for 4 ppl), then roughly chop.
- Add **remaining vinegar**, **1 tbsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add **coleslaw**, **mint**, **half the green onions** and **half the garlic**. Toss to combine.

2



## Toast sesame seeds and prep tomatoes

- Meanwhile, heat a large non-stick pan over medium-high.
- While the pan heats, halve **tomatoes** lengthwise, then thinly slice into half-moons.
- Transfer **tomatoes** to a paper towel-lined plate. Season both sides with **salt**, then set aside.
- When the pan is hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP**: Keep your eye on them so they don't burn!)
- Transfer **sesame seeds** to a plate.

5



## Warm tortillas and make garlic tahini sauce

- 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!)
- Meanwhile, add **tahini**, **1 tsp water**, **1 tsp oil**, **½ tsp pickling liquid**, **½ tsp sugar** (dbl all for 4 ppl) and **¼ tsp garlic** to a small bowl. (**NOTE**: Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine.

3



## Cook falafel

- Return the same pan to medium.
- When hot, add **1 tbsp oil**, then **falafel**. Pan-fry until golden-brown, 4-5 min per side. (**NOTE**: Don't overcrowd the pan. For 4 ppl, cook in 2 batches if needed, using 1 tbsp oil per batch.)
- Remove the pan from heat. Using a spatula, carefully break **falafel** in half. Season with **a pinch of salt**.

6



## Finish and serve

- Drain **pickled jalapeños**, then discard pickling liquid.
- Pat **tomatoes** dry.
- Sprinkle **sesame seeds** over **slaw**, then toss to combine.
- Divide **tortillas** between plates.
- Top with **tomatoes**, **slaw**, **pickled jalapeños**, then **falafel**.
- Drizzle **garlic tahini sauce** over top. Sprinkle with **remaining green onions**.

## Dinner Solved!